

Part II

1. Catalog Description for the Revised Program

The degree program in physical education and sport provides emphasis in subject content and skills necessary to prepare students for leadership roles in careers in the health and fitness industry and sport science. Students may select one of the four tracks which will supplement the physical education and sport degree. These include:

- A. Aquatics
- B. Exercise Science
- C. Sport Administration
- D. Athletic Training

These tracks, in some cases, will provide students the necessary course content and classroom preparation required for licensing and national certification examinations.

Part II

2. Rationale for Tracks

Exercise Science, Aquatics, Athletic Training and Sport Administration Tracks in Physical Education and Sport

Creation of 4 new tracks (Exercise Science, Aquatics, Athletic Training, and Sport Administration) in addition to the nutrition minor within the Physical Education and Sport major will provide students with innovative, relevant and challenging curriculum and at the same time encouraging the promotion of interdisciplinary work. For the students, course contents can be focused towards specific professions within the sport major, and in some cases towards national credentialing exams. Student internships and pre-professional experiences can be more appropriately focused to enhance opportunity for post-graduation employment.

The track in aquatics provides the major with more in-depth education and experiences which can entail many of the following areas: facility management, pool maintenance/chemistry/operation, instruction, coaching and leadership. A variety of other, more specific areas (exercise, special populations, etc.) are available for study by the student, based on specific interests, needs or future employment objectives.

The aquatics track is designed to enhance the quality of the IUP graduate as they seek employment in the scholastic environment, the public, non-profit or private sector, depending on the type of programs and facilities the organization has within the specific setting.

Part III

- 1. How will the proposed revision affect students already in the existing program?**
Courses that make-up the specific tracks are currently offered in the Physical Education and Sport major under the title of Controlled Electives. Therefore, students already in the program will not be affected by creation of the track. In addition, students have the opportunity to elect a minor in nutrition. Some students interested in careers in aquatics and athletic training may chose emphasis classes because of licensure or credentialing requirements.
- 2. How will the proposed revision affect faculty teaching loads?**
No changes in faculty teaching loads will be required as a result of the creation of the four tracks. This aquatic track does not result in any additional new courses.
- 3. Are other resources adequate?**
No additional resources will be required as a result of the creation of the four tracks.
- 4. Do you expect an increase of average in the number of students as a result of these revisions? If so, how will the department adjust?**
Development of tracks will provide students with a more focused curriculum. We do not, therefore, anticipate any changes in enrollment because of these revisions at this time.

Department of Health and Physical Education
B.S. in Physical Education and Sport
Aquatic Track - Curriculum Sequence

FIRST SEMESTER

EN 101 College Writing	4
_____ Natural Science	4
HI 195 Hist the Modern Era	3
HP 142 Foundation of HPE	3
HP 200 Fundamentals	1
HP 263 Aquatics	1
	16

THIRD SEMESTER

PC 101 General Psych	3
_____ Philosophy/Relig Opt	3
SO 151 Principles of Soc	3
HP 210 Motor Development	2
HP 221 Human Struct Func	3
	14

FIFTH SEMESTER

EN 202 Research Writing	3
LS Elective	3
HP 276 Coaching Swimming	1
HP 344 Adapted Phy	3
HP 345 Athletic Training	3
HP 346 Athletic Training Lab	1
HP 410 Exercise Prescription	3
	17

SEVENTH SEMESTER

Free Elective	3
HP 412 Phy Act stress Manag	3
HP 441 Psycho Soc Implic	3
HP 442 Seminar in HPE	3
LS 499 Senior Synthesis	3
	15

SECOND SEMESTER

EN 121 or FL 121	3
_____ Natural Science-opt	4
_____ Fine Arts (opt)	3
LS Health and Wellness	3
FN 145 Intro to Nutr	3
HP 261 WSI	1
	17

FOURTH SEMESTER

_____ Soc Science Elect	3
_____ Math - Opt	3
HP 165 Lifeguarding	1
HP 264 Advanced Aquatics	1
HP 251 Safety: Emer Health	3
HP 315 Biomechanics	3
HP 319 Pre Prof Exp II	3
	17

SIXTH SEMESTER

Free Elective	3
CO/BE/IM 101 Comp Lit	3
HP 279 Swimming Pool Maint Chem	2
HP 341 Evaluation of HPE	3
HP 343 Physiology of Exer	3
HP 411 Phy Fit App/Guid	3
	16

EIGHTH SEMESTER

HP 270 Instructor of Hand Swimming	1
HP 280 Aquatic Facilities Management	2
HP 335 Coaching Manag Athletics	3
HP 375 Physio Basis of Strength	3
Free Elective	3
	12

(HP 493 Internship is strongly recommended)

**BACHELOR OF SCIENCE - PHYSICAL EDUCATION AND SPORT SCIENCE
AQUATIC TRACK**

Liberal Studies: As outlined in Liberal Studies section with the following specifications:

- Mathematics: MA 101 or MA 110 or MA 217
- Health and Wellness: FN 143 or MS 101-102
- Natural Science: BI 103-104 or CH 101-102
- Social Science: PC 101, SO 151
- Liberal Studies Electives: FN 145, CO/BE/IM 101, no courses with HP prefix

LIBERAL STUDIES.....54-55

CORE REQUIREMENTS

HP 142	Foundations of Health and Physical Education	3sh
HP 200	Fundamentals of Physical Activity	1sh
HP 210	Motor Development	2sh
HP 221	Human Structure and Function	3sh
HP 251	Foundations of Safety and Emergency Health Care	3sh
HP 263	Aquatics	1sh
HP 315	Biomechanics	3sh
HP 341	Evaluation in Health and Physical Education	3sh
HP 343	Physiology of Exercise	3sh
HP 344	Adapted Physical Education	3sh
HP 441	Psychosocial Implications for Health and Physical Education	3sh
HP 442	Seminar in Health and Physical Education	3sh

CORE REQUIREMENTS.....31

SPORT SCIENCE REQUIREMENTS

HP 319	Preprofessional Experience II	1-3sh
HP 345	Athletic Training I	3sh
HP 346	Athletic Training Lab	1sh
HP 375	Physiological Basis of Strength	3sh
HP 410	Exercise Prescription	3sh
HP 411	Physical Fitness/Appraisal Guidance	3sh
HP 412	Physical Activity and Stress Management	3sh

SPORT SCIENCE REQUIREMENTS.....17-19

AQUATIC TRACK

HP 165	Lifeguarding	1sh
HP 261	Water Safety Instructor	1sh
HP 276	Coaching Swimming	1sh
HP 264	Advanced Aquatics	1sh
HP 270	Instructor of Handicapped Swimming	1sh
HP 279	Swimming Pool Maintenance and Chemistry	2sh
HP 280	Aquatic Facilities Management	2sh
HP 335	Coaching and Managing Athletic Programs	3sh

AQUATIC TRACK REQUIREMENTS.....12

FREE ELECTIVES.....7-10

TOTAL DEGREE REQUIREMENTS.....124

Responses from Jim Mill 2-11-98 with reference to HPE proposals: 97-6 to 11. 97-15

97-6 Aquatics track; 97-7 Athletic training track; 97-8 HP 365; 97-9 HP 446; 97-10 HP 448; 97-11 Exercise Sci track; 97-15 Sport Admin track

UWUCC questions/concerns:

Program revision:

1. Our suggestion: add MA 105 to LS math courses. Dept. response: no, students are advised to take MA 217
2. Correct title: Sport Administration (changed throughout proposals)
3. Catalog description of program: new catalog description begins after heading "Bachelor of Science Degree (Physical Education and Sport) and replaces the current paragraph. The YMCA paragraph stays.
4. Omit "greater" in first sentence of new catalog description (from "provides greater emphasis" to "provides emphasis")
5. 97-6 and other places: HP 319 is 1-3 sh (not 3 sh--Jim will double check with catalog editor; he doesn't know how that error was made, the course is listed a var-3 in 97-98 catalog)
6. We had a concern re: faculty workload; Jim repeated that the department currently has 2 faculty and is presently hiring a 3rd with specialization in athletic training. These faculty normally teach two sections of Health & Wellness and 2 sections/courses (new). The "modalities" course will be offered in Fall and Spring and also in the summer to attract students from outside IUP
7. Internship strongly recommended (not required); "free electives" not electives; "track" not "emphasis area"
8. 97-15 correct title (Sport Administration see 2 above); e-mail received from Bob Camp; 18 credit semester corrected

New courses:

9. 97-8 objective C (changed to "discuss differences in the assessment methods utilized for athletes of varying ages, gender and developmental levels" from "discuss differences in the assessment methods utilized for athletes of varying ages, gender, developmental levels and ethnic backgrounds.")
10. 97-9 A-1 prerequisite is HP 365 (incorporates HP 345 and HP 346); change from "a course which is required for NATA" to "the content of this course is required for NATA"; also change in A-7 from course to content.
11. 97-10 A-1, A-7 same as above
12. 97-11 HP 319 (1-3 sh); BI 151 (not BI 155); inform Bio

AQUATICS TRACK

Nutrition Minor

15

FN212	Nutrition	3sh
FN213	Life Cycle Nutrition	3sh
FN245	Sports Nutrition	3sh (1)
FN355	Nutrition in Disease I	3sh
FN470	Human Food Consumption Patterns or	3sh
FN402	Community Nutrition	

1. Students not interested in FN245 could select both FN402 and FN470 in place of FN245.

Department of Health and Physical Education

James G. Mill, Chairperson; Black, Blacksmith, Blair, Celtnieks, Clark, Cortazzo, Diccico, Grove, Hornfeck, Klingaman, Liscinsky, Montgomery, Moore, Paternostro-Bayles, Sloniger, Sutton, Trenney; and professors emeriti Aierstock, Beck, Dakak, Davis, Dickie, Godlasky, Neal, Sledzik, Tucker

The Department of Health and Physical Education provides the following services:

1. instruction in health and wellness courses as part of the university's Liberal Studies requirement
2. instruction in health and physical education courses as Physical Education course electives
3. an undergraduate major in health and physical education that leads to the Bachelor of Science degree in Education with potential certification to teach in the Commonwealth of Pennsylvania
4. Bachelor of Science degree in Physical Education and Sport
5. endorsement program in Driver Education—Safe Living

Required Program—Liberal Studies

The Department of Health and Physical Education through its Health and Wellness course in the Liberal Studies program seeks to enhance the overall well-being of students through instruction planned to promote and maintain desirable levels of physical, mental, emotional, and social well-being. Self-responsibility in the following dimensions of wellness is emphasized: nutritional awareness, stress awareness and management, exercise and fitness, substance use and abuse, and sexually transmitted diseases/AIDS. The importance of reducing risk factors for chronic degenerative disease and managing lifestyle factors for promotion of health is presented with implication for both the present and future. Information is provided during class lectures and enhanced by a variety of practical learning experiences which give students opportunities for self-assessment and personal application of the subject matter.

In addition, the department offers a variety of one-credit activity courses focusing on physical fitness and the development of skills essential for recreation and lifetime sports. Instruction is offered in many activities including aerobic dance, archery, badminton, bowling, fencing, golf, resistive exercise, scuba, swimming, tennis, volleyball, and others.

The university's Liberal Studies requirements, in effect since fall, 1989, require that each student successfully complete HP143 or its alternate, FN143. Students may also elect to take 4 semester hours of the ROTC program (MS101-102) as an alternate to the wellness courses. Activity courses will continue to be offered, although they are no longer required. It is encouraged and recommended that students choose these courses as elective credits.

Bachelor of Science Degree (Physical Education and Sport)

The Bachelor of Science Degree in Physical Education and Sport provides greater emphasis on subject matter/content and less on pedagogy. Students who select this emphasis area generally apply their knowledge in fields of exercise science, community and corporate fitness, cardiac rehabilitation, pre-physical therapy, and/or executive fitness programming. Requirements for the degree in Physical Education and Sport include: 1) the university's Liberal Studies requirements; 2) 31 credit hours in the HPE Core; and 3) nineteen credits from the Physical Education and Sport requirements.

In addition, the Department of Health and Physical Education has developed

two programs approved by the National YMCA Physical Education Office to provide for the professional preparation of YMCA aquatic directors and physical directors. Both programs emphasize high standards and are vitally concerned with the major objectives of YMCA physical education. Specialized "Y" courses are offered through the IUP Aquatic School, through the annual Middle Atlantic Region Aquatic Institute held at IUP each spring, and through other special YMCA programs conducted on the IUP campus and sponsored in cooperation with the Middle Atlantic Region Physical Education Program.

Bachelor of Science in Education (Health and Physical Education)

Requirements for the degree of Bachelor of Science in Education with a major in Health and Physical Education include the university's Liberal Studies requirements, Professional Education requirements, and the Health and Physical Education core requirement. Upon completion of the degree program and successfully passing the National Teachers Exam, the student is qualified for an Instructional I Certificate in Health and Physical Education, issued by the Pennsylvania Department of Education in Harrisburg. This certificate is valid for teaching health and physical education in grades K through 12 for three years in the public schools of Pennsylvania. All students seeking Pennsylvania certification must follow the four-step process described in the section "Admission to Teacher Education and Certification" found in the Academic Policies section of the catalog.

Health and Physical Education Core

The Health and Physical Education curriculum identifies a required core of studies which emphasizes a body of knowledge relevant to the study of professional health and physical education, as well as the study of physical education and sport. Courses contained in the core are those which are intended to teach students to identify and solve problems by applying relevant knowledge and also to engage in self-directed learning.

Candidates for the degree program in Health and Physical Education must demonstrate acceptable cognitive and psychomotor qualifications as well as desirable character and personality traits. The professional program seeks to foster those qualities of individual character and competence that are inherent in personal and professional maturity. These competencies are evaluated at the end of the sophomore year. The student is either granted Advanced Standing in the department or restricted in scheduling advanced courses for not less than one probationary semester. Continuation in the major program is based upon attainment of department Advanced Standing.

Driver Education—Safe Living 7-12

Candidates for the driver education certification must possess, or be a candidate for, a valid Pennsylvania certificate in any area of certification. A student must currently complete the following four courses HP251, 252, 353, and 354. Students must request the certificate in driver education-safe living 7-12 when they apply for graduation. For students who have already graduated, contact the Office of the Dean, College of Education, for correct procedure.

Aquatics School Course Offerings

Each summer the department offers the annual Aquatics School for eight consecutive days. Students must be seventeen years of age or older and possess the necessary aquatic prerequisites. A fee will be charged which will include room, three meals a day, use of equipment, accident insurance, transportation to and from the lake, and special one-night programs. Certification will be granted by the American Red Cross, National YMCA, Professional Association of Diving Instructors, and the American Heart Association upon completion of courses. All courses may be taken for college credit, if the student is eligible and pays the additional tuition fee. For more information, contact the aquatic director. Courses offered exclusively as a part of the Aquatics School are HP267, 268, 269, 270, 271, 272, 273, 274, 276, 277, 279, and 280. Courses offered during the academic year as well as in summer school include HP242, 261, 265, and 266.

Bachelor of Science—Physical Education and Sport

Liberal Studies: As outlined in Liberal Studies section with the following specifications: **54**
Mathematics: MA101 or MA110 or MA217
Health and Wellness: FN143 or MS101-102
Natural Science: BI103-104 or CH101-102
Social Science: PC101, SO151
Liberal Studies Electives: FN145, CO/BE/IM101, no courses with HP prefix

Major:
Core requirements: **31**

HP142	Foundations of Health, Physical Education, and Sport	3sh
HP200	Fundamentals of Physical Activity	1sh
HP210	Motor Development	2sh
HP221	Human Structure and Function	3sh
HP246	Biomechanics	3sh
HP251	Foundations of Safety and Emergency Health Care	3sh
HP263	Aquatics	1sh
HP341	Evaluation in Health and Physical Education	3sh
HP343	Physiology of Exercise	3sh
HP344	Adapted Physical Education	3sh
HP441	Psychosocial Implications for Health and Physical Education	3sh
HP442	Seminar in Health, Physical Education, and Recreation I	3sh

Professional requirements: **17**

HP319	Preprofessional Experience II	1sh
HP345	Athletic Training I	3sh
HP346	Athletic Training Lab	1sh
HP375	Physiological Basis of Strength Training	3sh
HP410	Exercise Prescription	3sh
HP411	Physical Fitness Appraisal	3sh
HP412	Physical Activity and Stress Management	3sh

Controlled Electives: (1) **6-12**
 BI 151, BI153, HP408, HP413, HP426, HP482, HP493

Other Requirements: **0**

Free Electives: **10-16**

Total Degree Requirements: **124**

(1) Nutrition minor may substitute for Controlled Electives; see Department of Food and Nutrition.

Bachelor of Science in Education—Health and Physical Education (*)

Liberal Studies: As outlined in Liberal Studies section with the following specifications: **54**
Mathematics: MA101 or MA110 or MA217
Health and Wellness: FN143 or MS101-102
Natural Science: BI103-104 or CH101-102
Social Science: PC101, SO151
Liberal Studies electives: FN145, PC378, or approved alternatives

Major:
Course requirements: **31**

HP142	Foundations of Health, Physical Education, and Sport	3sh
HP200	Fundamentals of Physical Activity	1sh
HP210	Motor Development	2sh
HP221	Human Structure and Function	3sh
HP246	Biomechanics	3sh
HP251	Foundations of Safety and Emergency Health Care	3sh
HP263	Aquatics	1sh
HP341	Evaluation in Health and Physical Education	3sh

HP343	Physiology of Exercise	3sh
HP344	Adapted Physical Education	3sh
HP441	Psychosocial Implications for Health and Physical Education	3sh
HP442	Seminar in Health, Physical Education, and Recreation I	3sh

Professional requirements
Health and Physical Education: **22**

HP211	Dance, Rhythmic Activities, and Gymnastics	3sh
HP212	Team Sports	3sh
HP213	Individual and Dual Sports and Adventure Activities	3sh
HP318	Preprofessional Experience I	1sh
HP321	Methods for Elementary Health and Physical Education	3sh
HP325	School and Community Health	3sh
HP426	Health Science Instruction	3sh
HP450	Curriculum and Programming in Human Sexuality Education	3sh

Professional Education requirements: (1) **24**

CM301	Technology for Learning and Instruction	3sh
ED242	Pre-student Teaching Clinical Experience I	1sh
ED342	Pre-student Teaching Clinical Experience II	1sh
ED421	Student Teaching	6sh
ED441	Student Teaching	6sh
ED442	School Law	1sh
EP202	Educational Psychology	3sh
FE202	American Education in Theory and Practice	3sh

Other Requirements: **0**

Free Electives: **0**

(#)Total Degree Requirements: **131**

(*) See requirements leading to teacher certification in the catalog section on Academic Policies. "Admission to Teacher Education."

(1) Special Education Competency Requirement: Revision pending will eliminate exam option and will require EX301 (2sh).

(#) See advisory paragraph "Timely Completion of Degree Requirements" in catalog section on Requirements for Graduation.

Certification—Driver Education-Safe Living

Certification in Driver Education-Safe Living may be added to a valid Pennsylvania Instructional Certificate with the completion of the following courses:

HP251	Foundations of Safety and Emergency Health Care	3sh
HP252	Introduction to the Driving Task	3sh
HP353	Driving Education Program Management	3sh
HP354	Application of Driver Education Instructional Modes	3sh