Physical Education (PHED)

Courses

**PHED 5103 Psychology of Motor Learning: 3 semester hours.**
Learning process in motor skills as the foundation of teaching methods in physical education activities. Practical experience in testing theories.

**PHED 5113 Supervision in Physical Education: 3 semester hours.**
Study of principles and practices of educational supervision and their application to physical education.

**PHED 5123 Scientific Foundations of Physical Education: 3 semester hours.**
Study of the scientific foundations of physical activity as they relate to biological, psychological, sociological, and biomechanical factors in the teaching of physical education.

**PHED 5133 Physical Education Curriculum: 3 semester hours.**
Study of activities, aims, objectives, and outcomes as they relate to courses and their construction. Development of a course of study based on individual student needs.

**PHED 5143 Sociol Of Sport: 3 semester hours.**
The reasons for studying sport are reviewed, and they include personal development, scholarly study, and professional practice. Since sport is so pervasive in U.S. society, studying its effects and its contribution to society is important. Through studying sport we can recognize historical precedents in sport, health, and physical activity. The sport sciences are categorized in three domains: (1) biophysical, (2) psychosocial, and (3) sociocultural. These three domains contain 10 individual sport sciences, which are integrated and allow us to better use and interpret our knowledge.

**PHED 5203 Physiology of Muscular Exercises: 3 semester hours.**
Physiological effects of exercise upon the body. Basic physiological concepts and their relation to the total physical education program.

**PHED 5303 Research Methods: 3 semester hours.**
Design and methodologies for health education and physical education. Data collection, statistical applications, analyses, interpretation for evaluation and reporting.

**PHED 5343 Professional Preparation in Health, Physical Education, Recreation, and Dance: 3 semester hours.**
Focus on professional preparation for those students who are teachers and/or administrators of health, physical education, recreation, or dance.

**PHED 5353 Mainstreaming in Health, Physical Education, Recreation, and Dance: 3 semester hours.**
Principles and methods of providing educational services for handicapped students in the least restrictive environment.

**PHED 5503 Teaching Physical Education: 3 semester hours.**
A study of traditional and innovative teaching techniques in physical education, including the practical application of teaching styles.

**PHED 5703 Kinesiology: 3 semester hours.**
Muscular and bone structure of the body in relation to the science of movement; joint mechanism and muscle action with special application to sports participation and training.

**PHED 5993 Independent Study: 1-3 semester hour.**
Readings, research and/or field work on selected topics.