

PHYSICAL EDUCATION (PE)

PE 170 | ADVANCED AEROBIC CONDITIONING | 2 quarter hours (Undergraduate)

Advanced instruction in appropriate conditioning techniques and daily participation in monitored strenuous levels of aerobic exercise. (2 credit hours)

PE 060 or PE 160 is a prerequisite for this class.

PE 181 | FLAG FOOTBALL | 2 quarter hours (Undergraduate)

Fundamental skills, group drills, strategy, and styles of offensive and defensive team play will be covered. Physical education majors will focus on teaching, officiating and assessment. (2 credit hours)

PE 206 | PERSONAL AND COMMUNITY HEALTH | 4 quarter hours (Undergraduate)

This course is designed to assist students in gaining insight into their health/wellness attitudes, behaviors, and choices. Health/wellness experiences and topics examine the total wellness concept, as a self-designed, dynamic style of living which focuses on optimal functioning and quality of life. Emphasis is placed on the physical, emotional, intellectual, social, occupational and spiritual dimensions of health/wellness.

PE 273 | HEALTH AND NUTRITION | 4 quarter hours (Undergraduate)

This course will provide students with an introductory background in nutrition throughout the life span. The study of foods and their effects upon health, development and performance of the individual will be emphasized. Software analysis of dietary intakes will facilitate an individual reflective approach to an application of the content.

PE 276 | TENNIS | 2 quarter hours (Undergraduate)

Instruction and practice on basic patterns of movement of tennis skills. Knowledge of rules, etiquette, playing instructions and teaching methods for application of skills stressed. (2 credit hours)

PE 277 | GOLF | 2 quarter hours (Undergraduate)

Basic patterns of movement for a controlled golf swing with woods and irons; chipping, pitching and putting skills. Golf course rules and playing instructions. Teaching methods for application of skills stressed. (2 credit hours)

PE 278 | GOLF: FULL-SWING CLINIC | 2 quarter hours (Undergraduate)

This course will provide the student with advanced knowledge and practice of the full swing motion in golf. As a hybrid, it will allow the student to meet the professor and design the individual learning steps that will best meet the needs of each student. Course modules will include videotapes, handouts, support materials, and a quiz. Students will work through the modules independently to complete the course. Independent practice of the full swing outside of DePaul will be necessary for success in the course. Students must attend 4 1.5-hour classes per quarter. The first day and last day of class, as well as two additional 1.5-hour sessions arranged with the professor. (2 credit hours)

PE 302 | FIRST AID: RESPONDING TO EMERGENCIES | 2 quarter hours (Undergraduate)

This course is designed to provide instruction, demonstration, and practice in application of basic emergency first aid skills. Students will learn to recognize the signs and symptoms of specific life threatening injuries and how to properly care for these injuries as citizen responders. Students will also have the opportunity to achieve Heartsaver CPR, AED, and First Aid Certification by the American Heart Association (2 credit hours)

PE 303 | ATHLETIC INJURIES | 4 quarter hours (Undergraduate)

Principles and techniques of prevention, recognition, treatment, care including adhesive strapping and wrapping and rehabilitation of common athletic injuries. Attention given to role of coach-trainer for emergency field procedures.

PE 304 | THE SCHOOL HEALTH PROGRAM | 4 quarter hours (Undergraduate)

This course is designed to cover the scope of health services that could be provided through a comprehensive school health program. The school environment, community involvement, and legal/ethical considerations will be emphasized.

PE 311 | MOTOR DEVELOPMENT THROUGHOUT THE LIFE SPAN | 4 quarter hours (Undergraduate)

Through lecture, film analysis, direct observation and instruction of children, and class discussion, students will gain a greater understanding of the maturational and environmental factors that affect human growth and motor development. Since this development is a process that continues throughout our life span, prenatal through adult characteristics will be examined.

PE 317 | PHYSICAL EDUCATION AND CLASSROOM MANAGEMENT IN THE ELEMENTARY SCHOOL | 4 quarter hours (Undergraduate)

The course is designed to promote an understanding of the contribution that physical education makes to the elementary school curriculum and the development of the whole child. Lesson planning, instructional delivery, assessment of learning and classroom management will be focused as students engage in 15-20 hours of supervised field experience teaching whole classes of children in local schools. This course is for Physical Education majors only; however, EE majors will be considered if the course is needed for student teaching in the subsequent quarter.

A Physical Education major in Advanced Standing is a prerequisite for this class.

PE 325 | LANGUAGE AND LITERACY IN THE PHYSICAL EDUCATION SETTING | 4 quarter hours
(Undergraduate)

This survey course explores the roles of language and literacy in the physical education setting and the teacher's responsibility for fostering them in all students. Through guided examination of prevailing theories of language acquisition and development that currently influence classroom practices across the K-12 continuum as well as across disciplinary and content areas, this course enables future teachers of physical education to grow in their understanding of the varied literacy-learning contexts that students bring to their physical education experiences. Issues that emerge in planning and conducting literacy instruction in programs with diverse student demographics are discussed and deliberated through University classroom sessions as well as required field experiences (10 hours, minimum; Level I). Course participants enjoy multiple opportunities to apply and analyze theories; to observe, critique, and practice planning as well as instructional strategies; to make informed curricular and instructional decisions; and to use assessment in conjunction with knowledge of child development to inform their planning. This course is designed to assist future teachers in producing students who are strategic readers, skilled speakers and writers, effective communicators, active listeners, independent and critical thinkers/learners, and problem solvers. Such teachers will exhibit awareness of their own metacognitive processes, respect for diversity, necessary social skills, and an ability to develop, set, and strive for professional goals. Candidates enrolled in this course will be encouraged to become education advocates, positive role models for their students, effective colleagues and collaborators, and lifelong learners.

PE 341 | HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION | 4 quarter hours
(Undergraduate)

This course will review the history of sport, fitness, and physical education; the impact that events have had on their development; and how physical education, fitness and the use of sport is influenced by society. Emphasis will be placed on philosophical perspectives and ethical values of this profession, both for the educator and the exercise science professional. Content is devoted to the study and understanding of sport and physical activity within numerous cultures throughout history to support diversity and help students consider the multiple perspectives expressed through the incorporation of sport and physical activity.

PE 346 | ORGANIZATION/ADMINISTRATION OF PHYSICAL EDUCATION, SPORTS & FITNESS PROGRAMS | 4 quarter hours
(Undergraduate)

Organization and Administration of Physical Education, Sports, and Fitness Programs. Emphasis is placed on understanding the management process: functions, application to various settings, program development, budget, facilities, marketing/promotion, and risk management.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

PE 351 | KINESIOLOGY | 4 quarter hours
(Undergraduate)

Biomechanical analysis of the human body and how the human body moves. Scientific principals and their application to human movement are included. Application is made to fundamental and specialized motor skills. Development and maintenance of the human structure through intelligent selection of activities and efficient use. Lecture is supplemented with in class laboratory activities.

BIO 201 and BIO 202, Advanced Teacher Candidate Standing or students in BS-EXR-SCI plan, are prerequisites for this class.

PE 352 | PHYSIOLOGY OF EXERCISE | 4 quarter hours
(Undergraduate)

Effects of muscular activity on the systems of the body. Nature of neuromuscular activity, circulatory and respiratory adjustments during exercise, metabolic and environmental aspects of exercise, fatigue and training fitness. Lecture is supplemented with in class laboratory activities.

BIO 201 and BIO 202, Advanced Teacher Candidate Standing or students in BS-EXR-SCI plan, are prerequisites for this class.

PE 360 | EDUCATIONAL PSYCHOLOGY AND MEASUREMENT OF LEARNING | 4 quarter hours
(Undergraduate)

This course presents those principles of educational psychology specifically related to the psychomotor learning domain, the selection of tests to measure learning of physical skills for all populations, administration of tests, data collection, and the statistical analysis needed to evaluate the learning process. Specifically, measures of central tendency, variability and correlation statistics; and standard tests of health and skill related components of fitness, motor performance, anthropometry, and specific sport analysis will be included in this course.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

PE 362 | FITNESS TESTING, ASSESSMENT AND PRESCRIPTION | 4 quarter hours
(Undergraduate)

This course is designed to provide theoretical knowledge of and select practical skills in fitness assessment, exercise program design, and client instruction in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

PE 372 | METHODS AND MATERIALS FOR PHYSICAL EDUC CURRICULUM/INSTRUCTION-SECONDARY SCHL | 4 quarter hours
(Undergraduate)

This course is designed to provide an understanding of physical education curriculum planning, teaching methods, classroom management, unit and lesson plans in a secondary school setting. Students will engage in 20-24 hours of field work to observe and participate in whole class instruction, in an attempt to integrate theoretical classroom content with on-site experiences.

Advanced Teacher Candidate Standing is a prerequisite for this class.

PE 374 | ADAPTED PHYSICAL EDUCATION | 4 quarter hours
(Undergraduate)

Diversified program of development activities, games, sports and rhythms suited to the interests, capacities, and limitations of students with disabilities who may not be able to participate in the general physical education program.

BIO 201 and BIO 202, Advanced Teacher Candidate Standing or students in BS-EXR-SCI plan, are prerequisites for this class.

PE 378 | PHYSICAL EDUCATION STUDENT TEACHING IN ELEMENTARY EDUCATION | 6 quarter hours**(Undergraduate)**

Five school days a week of supervised teaching in a cooperating elementary school for half an academic quarter. Feedback and discussion of problems encountered in student teaching as well as new materials and techniques of student teaching. Application and approval required. Open to only DePaul students. (6 credit hours)

PE 379 | PHYSICAL EDUCATION STUDENT TEACHING IN SECONDARY EDUCATION | 6 quarter hours**(Undergraduate)**

Five school days a week of supervised teaching in a cooperating secondary school for half an academic quarter. Feedback and discussion of problems encountered in student teaching as well as new materials and techniques of student teaching. Application and approval required. Open only to DePaul students. (6 hours)

PE 380 | INTERNSHIP IN EXERCISE SCIENCE | 10 quarter hours**(Undergraduate)**

Four hundred hours of supervised training in a health, fitness, sport, or exercise setting will be completed through this course. Students will receive practical experience in fitness testing, individual and group training, class instruction, program planning, and other facets of exercise science programming. Students will complete a project that will relate their educational background to the practical setting they have chosen to work in, and present their work to the internship site. Special interests of students will be addressed based on the internship site. Open only to students who have applied and been accepted by the exercise science program advisor and must have completed all coursework and clinical hours for the exercise science degree. (10 credit hours)

PE 384 | PHYSICAL EDUCATION CAPSTONE | 4 quarter hours**(Undergraduate)**

The senior capstone course is designed to help students integrate the central emphases of their liberal learning studies curriculum into their professional behavior. It will provide prospective physical education teachers with opportunities to engage in activities requiring them to be reflective, to consider value commitments, to use critical and creative thinking, and to examine their practice from a multicultural perspective as they discuss issues specific to early childhood education. The course is grounded in the College of Education's framework for an Urban Professional Multicultural Educator, which also reflects the goals of the Liberal Studies program.

PE 387 | CAPSTONE SEMINAR IN PHYSICAL EDUCATION & EXERCISE SCIENCE | 2 quarter hours**(Undergraduate)**

This course is designed to help candidates integrate the central emphases of their Liberal Studies curriculum with their professional knowledge and behavior. It provides opportunities and activities to prospective professionals that engage them in being analytic and reflective upon their major and related disciplines; guide them in further considering their value commitments and how they relate to their chosen profession; apply critical and creative thinking in addressing 'real-time' professional issues and needs; and examine extant practices from multicultural perspectives. Candidates develop a professional portfolio that reflects the standards of the various guiding professional organizations and/or the Illinois State Board of Education (ISBE). The course is grounded in the College of Education's framework for an Urban Professional Multicultural Educator as well as the goals of the Liberal Studies program. The course is taken simultaneously with student teaching or internship. COREQUISITE(S): PE 378 and PE 379, or PE 380. (2 credit hours)

PE 390 | PSYCHO-SOCIAL ASPECTS OF EXERCISE AND SPORT | 4 quarter hours**(Undergraduate)**

Psycho-Social Aspects of Exercise and Sport. Principles of human behavior, psychology, sociology, and motivational theory are covered as they relate to exercise fitness and sport. Students are introduced to personality factors, leadership skills, psychological skills training, and group dynamics which play important roles in the psychological development of individuals involved in exercise and sport programs.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

PE 391 | THEORY AND TECHNIQUES OF COACHING | 4 quarter hours**(Undergraduate)**

This course is designed to introduce areas from which basic coaching theories and techniques of various sports can be developed, to expose students to situations which place the coach in a decision making position and encourage students to examine practical problems which will influence the quality of an athletic program.

PE 392 | ADVANCED ATHLETIC TRAINING TECHNIQUES | 4 quarter hours**(Undergraduate)**

This is an advanced course dealing with the principles and techniques of prevention, recognition, and treatment of athletic injuries.

PE 303 is a prerequisite for this class.

PE 393 | THERAPEUTIC EXERCISE | 4 quarter hours**(Undergraduate)**

This course introduces students to the application and theory of specific exercise guidelines and program design for individuals with chronic illnesses, orthopedic conditions, and major athletic injuries. Special populations will also be addressed such as children, pregnant women, the elderly, blind, and deaf individuals. Emphasis is placed on planning and teaching techniques based on the basic FITT principle, and modifying programs to meet the needs of the specific individual. Students will learn specific modifications for all domains of exercise: cardiorespiratory, muscular strength and endurance, flexibility, and balance, with the focus on rehabilitation and health promotion.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

PE 394 | SPORT AND EXERCISE NUTRITION | 4 quarter hours**(Undergraduate)**

This course will provide the student with advanced knowledge of all areas of nutrition as they relate to the different types of exercise and sports. Prior basic nutritional knowledge is required for successful completion of this course. Topics will include but not limited to substrate utilization during different types of metabolic processes, hyper-hydration and nutrient loading prior to activity, nutrient maintenance during various types of exercise, recovery nutrition, nutrition planning for weight management, sport specific nutrition and consumer issues related to sport supplementation.

PE 273 is a prerequisite for this class.

PE 399 | INDEPENDENT STUDY IN PHYSICAL EDUCATION | 1-4 quarter hours**(Undergraduate)**

Permission of Department Chair and Associate Dean are required. (1 credit hour)

PE 400 | INTRODUCTION TO THE SPORT, FITNESS AND RECREATION LEADERSHIP PROGRAM | 4 quarter hours**(Graduate)**

This course will provide an overall introduction to the Sport, Fitness and Recreation Leadership online graduate program (MSFRL). Coursework, pillars of knowledge, expectations, potential employment, and management concepts in sport, fitness, and recreational will be covered. Acceptance into the MSFRL program is a prerequisite for this course.

PE 410 | ORGANIZATIONAL LEADERSHIP AND MANAGEMENT IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

This course will examine concepts in administration and communication specific to supervisory relationships. Students will understand the function and application of administrative theory within the fields of sport and fitness.

PE 420 | FACILITY AND RISK MANAGEMENT IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

Students will be introduced to the planning, designing and management of sport, recreation, and fitness facilities. Students will identify strengths and weaknesses of major facilities and will design their own facility upon completion of this course.

PE 430 | ADVANCED HEALTH AND SCIENCE CONCEPTS IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

This course will present advanced concepts in health for the individual interested in Health Education or the Allied Health Professions. The content will include health principles related to individual athletes throughout the life span, wellness concepts, and strategies for coping with potentially dangerous behaviors. The students will reflect on how to incorporate knowledge of health into their physical education and health classes in schools or community settings.

PE 435 | ADVANCED CARE OF THE ATHLETE | 4 quarter hours**(Graduate)**

This course is designed to expand the student's knowledge of athletic injuries, incorporating hands-on experience. Topics will include current issues in anatomy and physiology; athletic first aid and emergency situations; standard procedure for diagnosis and treatment; conditioning, pre-habilitation and rehabilitation; heat stress injuries; nutrition and eating disorders; taping, wrapping and bracing; and other related topics in sports medicine.

PE 440 | STRATEGIC COMMUNICATION AND MARKETING IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

Students will examine communications tools such as advertising, sales, and publicity, social media, media relations and public relations to examine how they are vital to an organization's marketing plan. Students will create a marketing plan specific to a chosen area of study. This course also will focus on leadership and communication skills vital in building professional relationships. Relationships between sport and fitness organizations and consumers will be examined.

PE 442 | ON-CAMPUS SEMINAR | 2 quarter hours**(Graduate)**

This course will provide 1st year students with the opportunity to network with their peers and professionals in the field. They will also attend presentations by local professionals in sport, fitness, and recreational fields, as well as presentations of 2nd year students' research projects. (2 credit hours)

PE 445 | PROGRAM AND SPECIAL EVENTS MANAGEMENT IN SPORT, FITNESS AND RECREATION LEADERSHIP | 4 quarter hours**(Graduate)**

This course also will introduce students to planning, operating, funding, and evaluating events within their chosen area of sport or fitness. Principles of hospitality and public relations also will be studied. Students will plan a hypothetical event upon the completion of this course.

PE 450 | PSYCHOLOGY OF SPORT BEHAVIOR AND ATHLETIC PERFORMANCE | 4 quarter hours**(Graduate)**

A study of the philosophical and psychological concepts pertaining to sports, in general, and competitive athletic programs specifically. Students will analyze the various coaching and administrative techniques in sports programs. Emphasis will be given to intercollegiate sports. Elementary, secondary and professional sports programs will be examined and discussed. Motivation to exercise socially, recreationally, and in sport will be examined.

PE 452 | EXERCISE SCIENCE AND SPORT | 4 quarter hours**(Graduate)**

A study of the advanced concepts and theory pertaining to analysis of human movement. Application will be made for the teaching of fundamental motor skills as well as the specialized analysis made by the coach. Discussion of the various techniques, sophisticated equipment, and empirical evidence will support the conclusions determined in the seminar. The course will be designed for professional physical educators and individuals involved in the coaching profession.

PE 455 | LITERATURE REVIEW FOR CAPSTONE PROJECT | 0 quarter hours**(Graduate)**

This course is included in the MS in Sport, Fitness, and Recreation curriculum as a pre-requisite for PE 555: Research in Sport, Fitness, and Recreation. Prior to beginning the research for capstone projects, students must complete a review of the literature related to their topic. This review must be approved by their faculty capstone advisor and the program director. The course can be taken at any time and a grade of PASS must be received prior to registering for PE 555 during spring of their second year.

PE 457 | ADVANCED COACHING THEORIES & TECHNIQUES | 4 quarter hours**(Graduate)**

This course is designed to cover a review of basic coaching theories and techniques of various sports and then cover advanced theories and application of these theories. The goal of the course is to expose students to situations that will place the coach in a decision making position and encourage students to examine practical problems that will influence the quality of an athletic program. (Cross-listed with PE 391)

PE 460 | ETHICS AND DIVERSITY IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

This course will examine current issues and challenges related to the sport, fitness and recreation environments. The examination will focus on ethical behavior and decision making and ultimately to improve risk management in these area. Major consideration will be given to issues relating to development of goals and objectives, preparation of program budgets, financial considerations, media input, and legal ramifications of the various programs.

PE 470 | LEGAL ISSUES IN SPORT, FITNESS AND RECREATION | 4 quarter hours

(Graduate)

This course will develop a student's ability to apply legal principles to sport and fitness management situations. Students will examine legal liability of coaches, administrators and fitness professionals, negligence, constitutional and administrative law, product liability, and risk management. There also will be an analysis and study of the governing structure, rules, and legislative processes within the NCAA.

PE 480 | FINANCE AND REVENUE GENERATION IN SPORT AND FITNESS | 4 quarter hours

(Graduate)

Students will understand basic concepts of financial management and managerial economics relevant to recreation and sport settings, emphasizing financial analysis, short- and long-term financing, fundraising, sponsorship, financial troubleshooting, capital structuring and budgeting, fundraising, revenue and cost-control.

PE 490 | ON-CAMPUS SEMINAR | 2 quarter hours

(Graduate)

This course will provide 2nd year students with the opportunity to network with their peers and professionals in the field of sport, fitness, and recreation. They will also attend presentations by local professionals, as well as present their final research projects. (2 credit hours)

PE 500 | CAPSTONE IN SPORT, FITNESS AND RECREATION LEADERSHIP | 2 quarter hours

(Graduate)

The capstone experience will support the student during their last quarter in the program while completing program research and preparation for seminar presentation. (2 credit hours)

PE 541 | INTRODUCTION TO PHYSICAL EDUCATION | 4 quarter hours

(Graduate)

This course will review the history of sport, fitness, and physical education; the impact that events and cultures have had on their development; and how physical education, fitness and the use of sport is influenced by society. Emphasis will be placed on philosophical perspectives and ethical values of this profession, both for the educator and the exercise science professional. Content is devoted to the study and understanding of sport and physical activity within numerous cultures throughout history to support diversity and help students consider the multiple perspectives expressed through the incorporation of sport and physical activity. Diversity, equity, and inclusion issues and theories from general education will be applied to kinesiology settings and practices within this course.

PE 555 | RESEARCH IN SPORT, FITNESS AND RECREATION | 4 quarter hours

(Graduate)

Under the guidance of an advisor, students will complete a culminating research project for completion of the degree.

PE 455 is a prerequisite for this class.