

# PHYSICAL EDUCATION (PE)

## PE 100 Fundamentals of Physical Activity 3 Hours

A study of the basic knowledge, understandings, and values of physical activity. Laboratory experiences are required.

*Recent Term(s) Offered: winter 2021; spring 2021; summer 2021; fall 2021; winter 2022; spring 2022; summer 2022; fall 2022; winter 2023; spring 2023; summer 2023; fall 2023*

## PE 101 First Activity Course 1 Hour

Activity may be selected from aquatics, bowling, dance, golf, karate, racquetball, soccer, volleyball, weight training, aerobic dance, jogging, firearms, self-defense for women, water aerobics and white water kayaking. Students are responsible for transportation to and from off-campus experiences.

*Recent Term(s) Offered: winter 2021; spring 2021; summer 2021; fall 2021; winter 2022; spring 2022; summer 2022; fall 2022; spring 2023; summer 2023; fall 2023*

## PE 102 Second Activity Course 1 Hour (repeatable max of 2 hrs)

Activity may be selected from aquatics, bowling, dance, golf, karate, racquetball, soccer, volleyball, weight training, aerobic dance, jogging, firearms, self-defense for women, water aerobics and white water kayaking. Students are responsible for transportation to and from off-campus experiences.

*Recent Term(s) Offered: None*

## PE 103 Third Activity Course 1 Hour (repeatable max of 2 hrs)

Activity may be selected from aquatics, archery, bowling, dance, golf, karate, racquetball, soccer, volleyball, weight training, aerobic dance, jogging, firearms, self defense for women, water aerobics and white water kayaking. Students are responsible for transportation to and from off-campus experiences.

*Recent Term(s) Offered: None*

## PE 104 Fourth Activity Course 1 Hour (repeatable max of 2 hrs)

Activity may be selected from aquatics, archery, bowling, dance, golf, karate, racquetball, soccer, volleyball, weight training, aerobic dance, jogging, firearms, self defense for women, water aerobics and water kayaking. Students are responsible for transportation to and from off-campus experiences.

*Recent Term(s) Offered: None*

## PE 111 Movement Themes and Concepts I 3 Hours

An introduction to the basic principles of body management skills. Students are required to perform movement patterns which have gymnastic qualities. The students will conduct peer-teachings.

**Restriction(s):** Enrollment is limited to students in Physical Education (587)

*Recent Term(s) Offered: fall 2021; fall 2022; fall 2023*

## PE 122 Foundations of Kinesiology 3 Hours

An introductory study of the historical, philosophical, and scientific foundations of kinesiology; aspects of physical education, exercise science, and sport will be covered.

**Equivalent(s):** EXS 122

*Recent Term(s) Offered: None*

## PE 123 Movement Themes and Concepts II 3 Hours

Designed to provide majors with biomechanical knowledge and skill acquisition in the area of human movement to include the fundamental skills of catching, throwing, kicking, and striking. The students will conduct peer-teachings. Note: Permission of instructor may be required.

**Prerequisite(s):** PE 111

**Restriction(s):** Enrollment is limited to students in Physical Education (587)

*Recent Term(s) Offered: spring 2021; spring 2022; spring 2023*

## PE 211 Net / Wall and Target Sports 3 Hours

Pedagogical principles related to teaching the skills, tactics, and strategies of 'Net/wall' and 'Target' game forms.

*Recent Term(s) Offered: fall 2021; fall 2022; fall 2023*

## PE 212 Striking / Fielding and Invasion Sports 3 Hours

Pedagogical principles of teaching 'invasion' and 'striking/fielding' game forms.

*Recent Term(s) Offered: spring 2021; spring 2022; spring 2023*

## PE 220 Skill Progression and Assessment 2 Hours

Focuses on appropriate learning progressions for instructional tasks to achieve a necessary link between learning outcomes using a skills approach and a tactical awareness of games approach.

*Recent Term(s) Offered: None*

## PE 221 Health Related Fitness I – Aerobics 2 Hours

The importance of aerobic exercise for health is presented through a variety of aerobic fitness activities. Students are required to perform and lead activities.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Doctoral Program or Sophomore may **not** enroll.

Enrollment is limited to students in Physical Education (587)

*Recent Term(s) Offered: None*

## PE 223 Introduction to Teaching Physical Education 3 Hours

Designed to provide majors with the abilities to define, describe, and demonstrate a range of skills to support multiple accreditation standards teaching physical education in a variety of settings.

**Restriction(s):** Enrollment is limited to students in Physical Education (587)

*Recent Term(s) Offered: None*

## PE 250 Conduct of Intramural Sports 2 Hours

A critical analysis of intramural sports programs from the standpoint of objectives, age level, and contribution to the general welfare of the participating students. Problems of policy and administration of programs on the elementary, secondary, and college levels are studied.

*Recent Term(s) Offered: None*

## PE 290 Foundations of Coaching Principles 3 Hours

Overview of concepts essential in preparation of sport coaches. Includes sport pedagogy, coaching philosophy, motivation, team dynamics, managing and communicating effectively, risk management/sports medicine, and additional responsibilities for beginning coaches.

*Recent Term(s) Offered: spring 2022; spring 2023; fall 2023*

## PE 291 Scientific Base/Conditioning 3 Hours

A study of the physiological basis for conditioning and training athletes.

*Recent Term(s) Offered: fall 2022; summer 2023*

**PE 300 Lifespan Leisure & Recreation Activities 3 Hours**

The study of lifespan leisure activity and recreation skills and techniques for utilization in instructional techniques for educational settings. This course may include, but is not limited to, the following activity areas: inclusive activities/recreation, outdoor pursuits, lifetime sports, cross-cultural activities/sports, and leisure activities.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: spring 2021; spring 2022; spring 2023*

**PE 310 Kinesiology 3 Hours**

A study of the anatomical, mechanical, and neuromuscular bases of human movement.

**Prerequisite(s):** BIOL 131

*Recent Term(s) Offered: winter 2021; fall 2021; fall 2022; fall 2023*

**PE 311 Exercise Physiology 3 Hours**

A study of the acute and chronic effects of exercise on the body's physiological function.

*Recent Term(s) Offered: spring 2021; summer 2021; spring 2022; summer 2022; spring 2023; summer 2023*

**PE 312 Basic Athletic Training 3 Hours**

A study of the basic principles of athletic training including prevention, evaluation, care, and rehabilitation of athletic injuries.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

**Equivalent(s):** EXS 312

*Recent Term(s) Offered: spring 2021; fall 2021; spring 2022; fall 2022; spring 2023; fall 2023*

**PE 313 Motor Development 3 Hours**

A study of the development of human motor performance.

*Recent Term(s) Offered: spring 2021; summer 2021; fall 2021; summer 2022; fall 2022; summer 2023; fall 2023*

**PE 314 Physical Education Curriculum 3 Hours**

A comprehensive study of guidelines for curriculum development within domain of physical education based on developmentally appropriate content and movement framework.

*Recent Term(s) Offered: None*

**PE 319 Adapted Physical Education 3 Hours**

Provides knowledge and skills for assessing, interpreting, programming and instructing children and adults with disabilities/special needs in a wide range of physical education programs.

*Recent Term(s) Offered: spring 2021; spring 2022; spring 2023*

**PE 320 Methods in Early and Middle Childhood Physical Education 3 Hours**

Designed to provide an in-depth study of the pedagogical knowledge and techniques required for an effective elementary physical education program.

*Recent Term(s) Offered: spring 2021; spring 2022; spring 2023*

**PE 321 Physical Education Curriculum (Grades K-6) 3 Hours**

A study of guidelines for curriculum development in elementary physical education. The content of this course is based on developmentally appropriate content and the movement framework.

*Recent Term(s) Offered: None*

**PE 323 Adaptive Physical Education (Grades K-6) 1 Hour**

The course provides knowledge and skills for assessing, interpreting, programming, and instructing students with disabilities in K-6 physical education programs.

*Recent Term(s) Offered: None*

**PE 324 Measurement and Evaluation in Kinesiology 3 Hours**

A study of measurement tools and evaluation procedures used in the fields associated with kinesiology, including physical education, exercise science, and biomechanics.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

Enrollment is limited to students in Physical Education (587)

*Recent Term(s) Offered: spring 2021; spring 2022; spring 2023*

**PE 333 Coaching of Volleyball 2 Hours**

A study of the fundamentals of coaching offensive and defensive volleyball.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: summer 2023*

**PE 340 Football Coaching 3 Hours**

Fundamentals of offensive and defensive play, psychology of coaching, schedule making, rules and problems in training, and conditioning in football.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: summer 2021; summer 2022*

**PE 341 Basketball Coaching 3 Hours**

Fundamentals of offensive and defensive play, psychology of coaching, schedule making, rules and problems in training, and conditioning in basketball.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: winter 2021; winter 2022; winter 2023*

**PE 342 Track and Field Coaching 3 Hours**

Fundamentals of coaching, schedule making, rules and problems in training, and conditioning in track and field.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: None*

**PE 343 Baseball Coaching 3 Hours**

Fundamentals of coaching, schedule making, rules and problems in training, and conditioning in baseball.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered: summer 2021; summer 2022; summer 2023*

**PE 347 Sports Officiating 3 Hours**

Analysis of rules and officiating techniques for sports with an emphasis on football, volleyball, and basketball. Course includes philosophy, minimum standards, school relationships, and principles of crowd control in public school and college officiating. Laboratory experiences in officiating are required in the intramural program.

*Recent Term(s) Offered: None*

**PE 354 Physical Education for Elementary Schools 3 Hours**

Designed especially for classroom teachers emphasizing materials and techniques for the physical education program for elementary schools.

*Recent Term(s) Offered:* winter 2021; spring 2021; summer 2021; fall 2021; winter 2022; spring 2022; summer 2022; fall 2022; winter 2023; spring 2023; summer 2023; fall 2023

**PE 355 Laboratory Procedures in Physical Education Athletics 2 Hours**

A study of specific problems in the administration of physical education, recreation, athletics and exercise science.

*Recent Term(s) Offered:* None

**PE 390 Fitness / Wellness Applications 3 Hours**

Designed to help physical education majors build a foundation of current knowledge and practice in health related fitness and wellness for application in the education setting.

**Restriction(s):** Enrollment is limited to students in Physical Education (587)

*Recent Term(s) Offered:* fall 2021; fall 2022; fall 2023

**PE 413 Adaptive Physical Education (Grades 7-12) 1 Hour**

The course provides knowledge and skills for assessing, interpreting, programming, and instructing students with disabilities in 7-12 physical education programs.

*Recent Term(s) Offered:* None

**PE 414 Secondary Health and Physical Education Curriculum 3 Hours**

Principles and practices of secondary health and physical education curriculum models to include an in-depth understanding and implementation of KY Health and PE Academic Standards. Co-requisite PETE 415 course with field experiences in public schools and/or other appropriate settings away from campus are required in this course. Students are responsible for arranging their own transportation to designated or assigned sites.

*Recent Term(s) Offered:* fall 2023

**PE 416 Special Topics in Physical Education 1-3 Hours (repeatable max of 4 hrs)**

An in-depth examination of a topic of current interest and relevance to physical education practitioners. Note: Permission of instructor required.

*Recent Term(s) Offered:* spring 2022

**PE 420 Adaptive Physical Education 3 Hours**

Study and field experience in the adaption of the principles and practices of physical education programs for the teaching of handicapped children.

**Restriction(s):** Students with a semester level of Academy Junior, Academy Senior, Freshman or Sophomore may **not** enroll.

*Recent Term(s) Offered:* None

**PE 456 Individual Advanced Studies in Kinesiology 3 Hours**

Specific and detailed analysis of practical problem areas in Kinesiology.

**Equivalent(s):** EXS 456

*Recent Term(s) Offered:* spring 2021; fall 2021; spring 2022; fall 2022; spring 2023; fall 2023

**PE 483 Technology Applications in Physical Education 1 Hour**

Technology-related applications in physical education.

*Recent Term(s) Offered:* None

**PE 491 Rehabilitation / Injuries 3 Hours**

Methods and techniques in the selection and application of rehabilitation techniques in sports medicine. The National Athletic Trainers Association (NATA) Competencies in Athletic Training will serve as guidelines for student expectations in this course. Laboratory and field-based experiences are required.

*Recent Term(s) Offered:* None

**PE 492 Adv Athletic Training 3 Hours**

A concentrated study of the competencies comprising the roles of the certified athletic trainer. They include prevention of athletic injuries; recognition, evaluation and assessment of injuries; immediate care of injuries; treatment, rehabilitation and reconditioning of injuries; health care administration; and professional development and responsibilities.

*Recent Term(s) Offered:* None

**PE 493 Practicum in Coaching 1-3 Hours (repeatable max of 3 hrs)**

Supervised experience as an assistant coach in an interscholastic athletic program.

*Recent Term(s) Offered:* None

**PE 497 Advanced Principles of Coaching 3 Hours (repeatable max of 3 hrs)**

Facilitates the application of advanced principles in the field of athletic coaching. Particular emphasis in this course will be placed on athlete development, managing time and energy levels, effectively communicating with parents, and athlete-centered coaching.

**Prerequisite(s):** PE 290

**Restriction(s):** Enrollment is limited to students in Athletic Coaching (320)

*Recent Term(s) Offered:* winter 2021; summer 2021; fall 2021; summer 2022; fall 2022