

PHYSICAL EDUCATION (ONLINE, PROFESSIONAL CERTIFICATION)

Program Director: Dr. Timothy Sawicki

Degree: Master of Science

Introduction

These programs offer graduate study leading to the Master of Science degree. They are designed to develop job-related competencies with the goal of producing physical education professionals, sports scientists and health educators who are knowledgeable and skilled in the administration of physical activity programs.

The Department of Kinesiology offers a Master of Science degree program in Physical Education which meets the New York State requirements for professional certification for teachers who already possess initial certification in physical education. This fully on-line degree program provides students with an opportunity for advanced coursework beyond undergraduate physical education in the areas of school athletic administration, adapted physical education, coaching, sport psychology, health education, teaching physical education and sport studies. The program is designed for individuals wishing to become a physical education professional or permanently certify themselves as a physical educator. **This program does not lead to initial teaching certification.** More information is available at the program website (<https://www.canisius.edu/academics/programs/physical-education-online>).

Admission/Graduation

Applicants must meet the general requirements for admission to graduate work in the School of Education and Human Services. Student performance and progress toward program completion will be assessed regularly in terms of established competencies. A GPA of 3.00 (B) on a four point scale is required for graduation. A grade of F earns 0 credits.

Curriculum

Online Physical Education

Master of Science Degree/Professional Certification

The program is designed for individuals wishing to become a physical education professional or permanently certify themselves as a physical educator. This program is ideal for teachers who also coach and others with demanding schedules who need to balance work and family while continuing their education.

The master of science/education degree in physical education meets the master's degree requirement for professional certification in New York State. The student will complete the nine credits research core (3 courses), twelve credits teaching core (4 courses), and nine credits of any electives (3 courses).

Code	Title	Credits
Core Research		
PEG 615	Statistics in Physical Education/Health	3
PEG 680	Research Methods in Physical & Health Education	3
PEG 684	Capstone in Teaching Physical Education and Health	3

Teaching Sequence

PEG 650	Analysis of Curriculum and Teaching	3
PEG 660	Advanced Human Growth and Motor Development	3
PEG 670	Advanced Teaching Methods in Physical Education	3
PEG 671	Authentic Assessment in Physical Education	3
Electives		
Select three of the following: ¹		9
PEG 609	Health and Cultural Awareness	
PEG 611	Movement Education and Physical Activity	
PEG 612	Principles and Foundations of Holistic Health	
PEG 614	Healthy Behaviors and Alternative Medicine	
PEG 616	International Health Perspectives	
PEG 618	Controversial Issues in Health and Society	
PEG 620	Leadership In Physical Education and Athletics	
PEG 630	Physical Education for the Exceptional Individual	
PEG 632	Recreational Activities for Individuals with Special Needs	
PEG 635	Administrative Principles of Physical Education/ Athletics	
PEG 640	Social Psychology of Sport and Physical Activity	
PEG 645	Performance Enhancements and Interventions: Sports Psychology	
PEG 646	Sport in Society	
PEG 651	Coaching Theory and Techniques	
PEG 681	Legal Aspects in Physical Education and Athletics	
PEG 687	Contemporary Issues in PE/Athletics	

Total Credits 30

¹ Other PEG electives may be substituted with approval from the Department Program Director. Other online programs at the college have electives, i.e., Health, that can be used as PEG electives. The total requirements for the Master's of Science degree is Ten courses (30 credits).

Learning Goals & Objectives

Learning Goal 1 (KNOWLEDGE – Observed in Writing)

Candidates in the Advanced Physical Education program will demonstrate content knowledge, pedagogical, and professional knowledge necessary for successful performance in their field.

Advanced PE Teachers:

- Come to understand disciplinary content knowledge, the application of content knowledge to teaching physical education, and modes of inquiry that form the bases for physical education programs and instruction
- Use their knowledge of students to make every student feel important. They communicate through a humane, sensitive approach that each child, regardless of ability, can succeed and will benefit from a physically active, healthy lifestyle.
- Have a deep and broad understanding of the content and principles of physical education, which enables them to devise sound and developmentally appropriate instructional activities.

Learning Goal 2 (KNOWLEDGE – Observed Skills and Dispositions)

Candidates in the Advanced Physical Education program will demonstrate professional skills and dispositions necessary for successful performance in their field.

Advanced PE Teachers:

- Accomplished teachers of physical education create and sustain a welcoming, safe, and challenging environment in which students engage in and enjoy physical activity. They establish an orderly atmosphere with established protocols and expectations conducive to providing maximum learning for all students.

Learning Goal 3 (SERVICE)

Candidates in Advanced Physical Education program will demonstrate willingness to use their skills to benefit and serve society. Within the contexts of their work, candidates promote authentic learning, social and emotional development, and a commitment to social justice in environments that foster respect for diversity and the dignity of all.

Advanced PE Teachers:

- Model and promote behavior appropriate in a diverse society by showing respect for and valuing all members of their communities and by having high expectations that their students will treat one another fairly and with dignity.
- Create advocates for physical education by providing opportunities for family involvement and the involvement of the broader community in the physical education program.

Learning Goal 4 (PROFESSIONALISM)

Candidates will demonstrate self-reflection as a habit of mind, continuously assessing and refining their professional practice as they construct a rich repertoire of research-based knowledge, skills, and attitudes for effective performance ensuring that all students and/or clients have optimal opportunities to learn and grow.

Advanced PE Teachers:

- Participate in a wide range of reflective practices that foster their creativity, stimulate personal growth, contribute to content knowledge and classroom skill, and enhance professionalism.

Learning Goal 5 (LEADERSHIP)

Candidates will become adept at applying their acquired knowledge in the process of evaluating their own professional performance and decision-making with respect to its impact on students and/or clients, organizations, and the wider community.

Advanced PE Teachers:

- Do not work in isolation but function as members of a large learning community. Recognizing that their responsibilities extend beyond their own classrooms, they contribute purposefully to enhancing instructional programs and improving the professional culture of their field.

Courses

The following physical education classes are initial and professional certification classes. The PEG 600 level classes are used for the online professional certification or non-certification program. PEG 500 Level courses are for initial on campus certification students only.

PEG 506 Early Field Experience Elementary Physical Education 0 Credits

The teacher candidate will participate in K-6 elementary physical education.

To successfully complete this experience the candidate will complete a 30 hour placement with an assigned local physical educator.

Prerequisite: signature of program director. **Restriction:** permission of program director.

Offered: fall & spring.

PEG 507 Early Field Experience Secondary Physical Education 0 Credits

The teacher candidate will participate in 7-12 secondary physical education.

To successfully complete this experience the candidate will complete a 30 hour placement with an assigned local physical educator.

Prerequisite: signature of program director. **Restriction:** permission of program director.

Offered: fall & spring.

PEG 508 Early Field Experience Health 0 Credits

The teacher candidate will participate in K-12 school level health education.

To successfully complete this experience the candidate will complete a 30 hour placement with an assigned local health educator.

Prerequisite: signature of program director. **Restriction:** permission of program director.

Offered: fall & spring.

PEG 511 Movement Education and Elementary Activities 3 Credits

Conceptual bases, perceptual-motor development and practical applications of movement education. Development, implementation and integration of a physical education program; teaching strategies geared to the elementary level classroom with emphasis on New York and national learning standards in Physical Education. Field experience required.

Restriction: limited to physical education graduate students.

Offered: spring.

PEG 525 School Health 3 Credits

Students explore the most prevalent health and safety issues of schoolaged children and youth and examines rationale for health education, theories, methods, strategies, and techniques of health education program planning. Additionally, students will plan effective comprehensive school health education programs: integration of school and community services. A mandatory 50 participation hours at a local school must be completed for a passing grade in this course.

Restriction: must be in the physical education initial certification program.

Offered: spring.

PEG 526 School Health Curriculum 3 Credits

Students will practice strategies and methodologies needed for effectively teaching health education. Students will participate in 50 hours of field experience, if they have not already done so, and will analyze experiences as a process to improving instruction. Students will demonstrate their ability to plan for instruction by writing and implementing learning experiences that meet the National Health Education Standards.

Restriction: must be in the physical education initial certification program.

Offered: fall.

PEG 541BL Teaching Practicum in PE 0 Credits

The teacher candidate will train for student teaching at the K-12 school level.

To successfully complete this experience the candidate will finish a series of modules designed to bridge the gap between the college classroom and the teaching setting.

Offered: every fall & spring.

- PEG 554 Adapted Physical Education** 3 Credits
Designed to provide students with an exposure to education, physical education, sport and recreational programming for children with disabilities. Content focuses on variety of disabilities eligible for service under the Individuals with Disabilities Act (IDEA) and the ability to design, conduct, and assess a physical education program that is appropriate for this population. **Restriction:** must be in the physical education initial certification program. **Offered:** fall.
- PEG 560 Motor Development** 3 Credits
Examination of principles of growth and developmental theory with an emphasis on factors affecting changes in movement potential of individuals. **Restriction:** must be in the physical education initial certification program. **Offered:** fall.
- PEG 571 Assessment in Physical Education** 3 Credits
This course will introduce the teacher candidate to assessment and its role in the physical education profession. Topics include fitness testing, integrating physical education assessment tools, and basic statistics. In addition, there will be a focus on the evaluation of the New York State Standards, authentic assessments and SHAPE America guidelines. **Restriction:** must be in the physical education initial certification program. **Offered:** spring.
- PEG 580 Concepts of Teaching Sport Skills** 3 Credits
The purpose of this course is to give each student an in depth exposure to and an understanding of the various motor learning principles and factors influencing the acquisition of motor skills. The central focus of the course will be directed to the learning process. Age appropriate activities and instructional guidelines will be examined. This includes the variables related to the learner, the skills to be acquired and the instructional procedures that can be used by the physical educator, coach or exercise specialist. **Restriction:** must be in the physical education initial certification program. **Offered:** spring.
- PEG 584 Capstone in Teaching Physical Education** 3 Credits
The course is designed to synthesize learning from the program and capture current issues related to the physical education profession. Students will analyze, debate, and evaluate special topics through directed research of content and theory. **Restriction:** must be in the physical education initial certification program. **Offered:** summer online.
- PEG 593 Student Teaching** 9-12 Credits
Seven-week student teaching experience in an elementary school, Grades 1-6, and in a high school, Grades 7-12, culminating in preparation for teacher certification. Grade: Pass/Fail. The combination of PED 493, EDU 495, EDU 496, EDU 497, and EDU 498 during the student teaching semester will count as a full semester of three courses, 15 credit hours. **Prerequisite:** permission of program director. **Corequisite:** EDU 597 & PEG 594. **Restriction:** must be in the physical education initial certification program. **Offered:** fall & spring.
- PEG 594 Student Teaching Seminar** 0 Credits
Student Teaching Seminar enhances the student teaching experience through opportunities to foster professional growth and guided reflection on planning, instruction and assessment of learning. The course provides a professional learning community to assist candidates in the transition to careers in teaching. **Prerequisite:** permission of program director. **Corequisite:** EDU 597 & PEG 593. **Restriction:** physical education initial certification graduate students only. **Offered:** fall & spring.
- PEG 609 Health and Cultural Awareness** 3 Credits
A multicultural perspective of health, wellness and healing. Focus on health issues and concerns that ethnic minority populations face in the United States. Promotes awareness of the diversity of attitudes, values and beliefs from various cultural backgrounds. Explores traditional healing theories and practices of cultures across the world and their use among our ethnic populations today.
- PEG 611 Movement Education and Physical Activity** 3 Credits
The course is designed as a practical and theoretical introduction into movement education and physical activity lesson planning. This course will facilitate an understanding of how physical educators can contribute to their school by being knowledgeable physical educators. Particular emphasis on: low organizational games and lessons and developmentally appropriate activities. **Offered:** every spring.
- PEG 612 Principles and Foundations of Holistic Health** 3 Credits
An alternative and complimentary perspective on health and well-being. Focus on the most effective holistic approaches to illness and today's prevention and treatment opportunities. A comparison of holistic modalities to conventional medical practices.
- PEG 614 Healthy Behaviors and Alternative Medicine** 3 Credits
Theory and content related to various topics in the field. May include topics such as reflexology, acupuncture, aromatherapy, meditation, massage, and herbal remedies.
- PEG 615 Statistics in Physical Education/Health** 3 Credits
Descriptive statistical methods including central tendencies, dispersion standard scores, correlation, and probability theory will be addressed. The elements of test construction: table of specifications, reliability, validity and item analysis will be considered. Candidates will become familiar with norm referenced, criterion referenced and performance instruments and will study the diagnostic teaching model of instruction. Technology will be used to simulate evaluation and statistical analysis.
- PEG 616 International Health Perspectives** 3 Credits
Examines the constantly evolving global health issues of the 21st century. Focus on international health problems and solutions to reduce human pain and suffering. Topics include globalization of international health, changing environmental conditions, nutritional challenges of developing countries and industrialized nations, epidemics of non-communicable and infectious disease, maternal and child health, comparison of health care systems and the future of world health.
- PEG 618 Controversial Issues in Health and Society** 3 Credits
Encourages critical thought on important health issues and provides a context for controversy. Explores dimensions and approaches to the study of health and society. Examines a variety of opposing viewpoints related to health science and personal health using a debate framework. Topics include euthanasia, sexuality and gender issues, human cloning, stem cell research, organ trafficking, gun control, substance abuse, etc.
- PEG 620 Leadership In Physical Education and Athletics** 3 Credits
This course will examine the appropriate concepts relating to efficient management and leadership for physical education, sport and recreational settings. Principles and techniques of management associated with effective leaders of programs, personnel, facilities, and participants in the sport activity field.
- PEG 630 Physical Education for the Exceptional Individual** 3 Credits
Principles and objectives of programming for exceptional individuals in physical activity. Diagnostic techniques, activity modifications, contraindicated activities and causes of disabilities.

PEG 632 Recreational Activities for Individuals with Special Needs 3 Credits
 Development of community recreational facilities and equipment for the handicapped from childhood through old age. Emphasis on promotion, organization and administration.

PEG 635 Administrative Principles of Physical Education/Athletics 3 Credits
 The goal of the course will be to enable the student to develop skills needed to serve as an athletic director in a K-12 school district. Scheduling, safety, qualification of coaches, eligibility, and local league governance will be covered.

PEG 640 Social Psychology of Sport and Physical Activity 3 Credits
 Psycho-social development, psychological factors in competitive sport and social behavior in sport contexts. Includes emotions, the coach /athlete relationship, motivation, personality and mental training techniques.

PEG 644 Health and Nutrition 3 Credits
 This course emphasizes basic nutritional principles and concepts, their application to personal health and relationship between food and its use by the human body for energy, regulation, structure, and optimal health. Discussion of issues in nutrition during various stages of the life cycle and specific chronic diseases.

PEG 645 Performance Enhancements and Interventions: Sports Psychology 3 Credits
 Educates professionals in learning theoretical constructs and implementing related counseling interventions with athletes. Investigates the application of sport psychology/counseling strategies across many different fields and domains, such as physical education, counseling and sport administration.

PEG 646 Sport in Society 3 Credits
 A sociological inquiry into North American Sport as a social institution. Sport is examined as a microcosm of the larger society and how it reflects the dominant ideology of the time. Institutional interconnections between family, politics, economics and religion bring the role of sport in society into focus. Topics such as social stratification, prejudice, discrimination and collective behavior are discussed.

PEG 650 Analysis of Curriculum and Teaching 3 Credits
 The purpose of this course is to examine the philosophy, objectives, analysis, development, and implementation of curriculum in physical education.

PEG 651 Coaching Theory and Techniques 3 Credits
 Principles of effective coaching, including the role of the coach, practice planning, leadership theory, sport psychology and teaching motor skills.

PEG 660 Advanced Human Growth and Motor Development 3 Credits
 The course is designed to study motor development across the lifespan. Special interest will be focused on early environmental influences on development. Students will study early environmental influences on motor development and will learn about factors such as nutrition, parents, alcohol, smoking, coaches and the many other environmental factors that effect the child's early development and review how their behaviors in and out the classroom influence a child's development.

PEG 670 Advanced Teaching Methods in Physical Education 3 Credits
 Examination of Mosston's Spectrum of Teaching Styles in Physical Education. Focus will be on applying the teaching styles to various units in physical education.

PEG 671 Authentic Assessment in Physical Education 3 Credits
 Content and theory related to authentic and alternative assessment in physical education. Development, implementation and assessment of authentic assessments in physical education included.

PEG 680 Research Methods in Physical & Health Education 3 Credits
 Identification and delineation of research problems, survey of related literature and detailed examination of various research methods. Attention given to the presentation of research in both written and oral form.

PEG 681 Legal Aspects in Physical Education and Athletics 3 Credits
 The goal of the course is to enable the student to identify, analyze and understand legal issues and to discuss the ramifications of those issues in their professional lives. The course attempts to provide the student with an understanding of the legal principles relevant to educational and sport setting. The course considers the legal liabilities and responsibilities of athletic coaches, administrators and physical education instructors in the educational institutions, with review and discussion of current case law.

PEG 684 Capstone in Teaching Physical Education and Health 3 Credits
 Analysis and evaluation of issues, directed readings, and comprehensive exam of content and theory identified in the program. Professional portfolio developed.

PEG 687 Contemporary Issues in PE/Athletics 3 Credits
 Focuses on current issues which help define the field of Physical and Health and high school athletics. Students examine the resolution of issues for topics such as meeting the New York State Learning Standards, zero tolerance for substance abuse on athletic teams, sportsmanship, winning and losing, and the state of childhood obesity.