PHYSICAL EDUCATION (BS)

Co-Chairs: Nicholas Lorgnier and Shawn O’Rourke
Director: Clancy M. Seymour, Ed.D.

Introduction

The Physical Education Teacher Education (PETE) program leads to New York State certification in physical education (K-12). The department recommends that candidates interested in teaching obtain dual certification in physical and health education (PEHL), but this major may be of interest for candidates only interested in teaching physical education. Teacher candidates interested in this single certification program should meet with the program director to discuss further. More information can be found at the program webpage (https://www.canisius.edu/academics/programs/physical-education-health).

Teacher Certification Options

The teacher preparation program strives to develop a liberally educated individual who has special knowledge and skills in the areas of movement and sport and their interrelated disciplines. Major emphasis is placed on the development of educational and performance foundations which will prepare an individual to teach in kindergarten through grade 12 or to pursue professional growth through further study and/or graduate work.

Candidates enjoy a continuous and extensive program of clinical and laboratory experiences at the college and through our collaboration with our professional development schools which provide opportunities for in-school observations, micro-teaching, tutoring, and large-group instruction. These experiences help to insure that the program remains responsive to the needs of the candidates, students and the profession. This program of instruction incorporates the standards established for physical education at the local school district level, the New York State learning standards for physical education, and the guidelines set forth by the Society of Health and Physical Educators (SHAPE) America. The teacher certification option culminates with a semester long student teaching experience in the K-12 schools. Each student teacher is given the opportunity to experience the privileges and responsibilities of a full-time teacher on both the elementary and secondary levels. An individual choosing to graduate without completing student teaching must fulfill this credit requirement in consultation with his/her advisor.

Qualifications

Academic Criteria for Endorsement and Completion of Program:

- Cumulative GPA of 2.7 or higher-Grade of C or higher in major courses
- Satisfactory performance in field placements
- Satisfactory completion of all program common assignments including submission on TaskStream

Advisement

All students should have an advisor in the major and should contact the department directly to have an advisor assigned if they do not already have one. Meetings with academic advisors are required prior to students receiving their PIN for course registration each semester. All majors should work closely with their advisor in discussing career expectations, choosing their major electives, developing their entire academic program and planning their co-curricular or supplemental academic experiences.

Double Majors

Students who wish to expand their educational opportunities may decide to declare a double major. The decision may be based on career goals or planned graduate studies. Before a student declares a double major, it is important to meet with the appropriate academic departments for advisement. Some double major combinations can be completed within the minimum 120 credit hour degree requirement, but in some cases additional course work may be required. In order to declare a double major, the student must complete the appropriate double major request form and get the signature of each department chairperson and the appropriate associate dean. Please note that students will receive only one degree, regardless of the number of majors they complete.

Curriculum

An Ignatian Foundation

All undergraduate students must complete either the Canisius Core Curriculum (http://catalog.canisius.edu/undergraduate/academics/curricular-information/core-curriculum) or the All-College Honors Curriculum (http://catalog.canisius.edu/undergraduate/academics/curricular-information/all-college-honors-program). Many schools refer to their college-wide undergraduate requirements as “general education” requirements. We believe that the core curriculum and the honors curriculum are more than a series of required classes; they provide the basis for a Jesuit education both with content and with required knowledge and skills attributes that are central to our mission.

Free Electives

Students may graduate with more but not less than 120 credit hours. Free electives are courses in addition to the Core Curriculum or Honors Curriculum and major requirements sufficient to reach the minimum of 120 credit hours required for graduation.

Major Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>EDU 100</td>
<td>Exploring the Teaching Profession</td>
<td>3</td>
</tr>
<tr>
<td>EDU 123</td>
<td>Technology in Education 1</td>
<td>1</td>
</tr>
<tr>
<td>EDU 223</td>
<td>Technology in Education 2</td>
<td>1</td>
</tr>
<tr>
<td>EDU 323</td>
<td>Technology in Education 3</td>
<td>1</td>
</tr>
<tr>
<td>EDU 250</td>
<td>Foundations of Education</td>
<td>3</td>
</tr>
<tr>
<td>EDU 495</td>
<td>Child Abuse Workshop</td>
<td>0</td>
</tr>
<tr>
<td>EDU 496</td>
<td>Prevention of School Violence Workshop</td>
<td>0</td>
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<tr>
<td>EDU 497</td>
<td>Dignity for All Students Act (DASA) Workshop</td>
<td>0</td>
</tr>
<tr>
<td>EDU 498</td>
<td>Student Teaching Seminar</td>
<td>3</td>
</tr>
<tr>
<td>PED 203</td>
<td>Lifetime and Fitness Activities</td>
<td>3</td>
</tr>
<tr>
<td>PED 204</td>
<td>Games and Sports</td>
<td>3</td>
</tr>
<tr>
<td>PED 207</td>
<td>Individual Performance and Dance Activities</td>
<td>3</td>
</tr>
<tr>
<td>PED 305</td>
<td>Outdoor Curriculum and Cooperative Activities</td>
<td>3</td>
</tr>
<tr>
<td>PED 306</td>
<td>Early Field Experience Elementary Physical Education</td>
<td>0</td>
</tr>
<tr>
<td>PED 307</td>
<td>Early Field Experience Secondary Physical Education</td>
<td>0</td>
</tr>
<tr>
<td>PED 311</td>
<td>Movement Education and Elementary Activities</td>
<td>3</td>
</tr>
<tr>
<td>PED 351</td>
<td>Coaching Theory and Techniques</td>
<td>3</td>
</tr>
<tr>
<td>PED 354</td>
<td>Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PED 360</td>
<td>Human Growth and Motor Development</td>
<td>3</td>
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</tbody>
</table>
**Major Electives**

PETE majors should consult their advisor for major electives.

**Major Experiences**

All students in the PETE program must meet and continue to meet the professional standards of the program. No one who jeopardizes the health or well-being of a student, classmate or him or herself will continue as a student in the program. All students must possess the necessary physical attributes and exhibit qualities of good judgment and emotional stability. The PETE program reserves the right to limit attire and adornments (such as clothing, jewelry, piercing, tattooing) of the body, hands, face, and oral cavity. The program assessment handbook outlines the enforcement of this policy. In all cases, the final appeal may be made to the Program Director/Department of Kinesiology chair.

**Additional Considerations and Requirements**

All PETE field experiences (early field, practicum, and student-teaching) are in the local Western New York area and transportation is required. Out-of-area field experiences must be approved by the Program Director and include an additional fee for each placement. PED 306 and PED 307 require 30 hour field experiences in a K-12 physical education setting. PED 441 Lab must be taken in the last semester before student teaching. Proof of professional association membership and current Lifeguarding/CPR/AED certifications must be provided prior to student-teaching. While foreign language is not required for graduation, secondary language proficiency must be demonstrated for New York State licensure. PETE majors should consult their advisor for additional course considerations.

**Roadmap**

**Recommended Semester Schedule for Major Course Requirements**

**Freshman**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>Fall</td>
<td>BIO 114</td>
<td>Introduction to Human Anatomy and Physiology</td>
</tr>
<tr>
<td></td>
<td>&amp; 114L</td>
<td>Human Biology Laboratory</td>
</tr>
<tr>
<td></td>
<td>HED 205</td>
<td>Wellness and Fitness</td>
</tr>
<tr>
<td></td>
<td>HED 337</td>
<td>Exercise Principles and Applications</td>
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</tbody>
</table>

**Sophomore**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HED 361</td>
<td>Exercise Principles and Applications</td>
</tr>
<tr>
<td></td>
<td>PED 306</td>
<td>(30hrs Elementary PE)</td>
</tr>
<tr>
<td></td>
<td>PED 307</td>
<td>(30hrs Secondary PE)</td>
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<tr>
<td></td>
<td>PED 351</td>
<td></td>
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<tr>
<td>Spring</td>
<td>EDU 223</td>
<td>Field 1 or 2 (Ethics)</td>
</tr>
<tr>
<td></td>
<td>PED 371</td>
<td></td>
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<td></td>
<td>PED 372</td>
<td></td>
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<td></td>
<td>PED 380</td>
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**Junior**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>Fall</td>
<td>KIN 494</td>
<td>Capstone in Kinesiology</td>
</tr>
<tr>
<td></td>
<td>SPE 341</td>
<td>Inclusive Strategies</td>
</tr>
<tr>
<td></td>
<td>Elective (if necessary)</td>
<td></td>
</tr>
<tr>
<td>Spring</td>
<td>PED 441L</td>
<td>(200hrs W/R/F weekly)</td>
</tr>
</tbody>
</table>

**Senior**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>KIN 494</td>
<td>Capstone in Kinesiology</td>
</tr>
<tr>
<td></td>
<td>PED 493</td>
<td>Student Teaching Physical Education/Health: Childhood and Adolescence</td>
</tr>
<tr>
<td></td>
<td>PED 441L</td>
<td>Teaching Practicum in Physical Education</td>
</tr>
<tr>
<td></td>
<td>Elective (if necessary)</td>
<td></td>
</tr>
</tbody>
</table>

**Learning Goals & Objectives**

**Learning Goal 1 (KNOWLEDGE – OBSERVED IN WRITING)**

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

Students will:

- Know and apply discipline-specific scientific and theoretical concepts critical to the development of a physically educated person

**Learning Goal 2 (KNOWLEDGE – OBSERVED SKILLS AND DISPOSITIONS)**

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

Students will:
- Demonstrate that they are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health-enhancing fitness
- Implement developmentally appropriate learning experiences aligned with local, state, and national standards to address the diverse needs of all students.
- Use effective communication and pedagogical skills and strategies to enhance student engagement and learning.
- Utilize assessments and reflection to foster student learning and inform instructional decisions.

**Learning Goal 3 (SERVICE)**
Candidates in the 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.

Students will:
- Demonstrate dispositions essential to becoming effective professionals.

**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.

Students will:
- Demonstrate dispositions essential to becoming effective professionals.

**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.

Students will:
- Demonstrate dispositions essential to becoming effective professionals.

**Minors**

**Coaching Minor**

The Coaching Minor is a common minor for many physical education students. The courses in the minor can be attached to any major. Completion of the minor often leads to graduate work at the master’s degree level in Coaching Science. The courses can also lead to NY State certification. The minor focuses upon the principles of effective coaching including the role of the coach, practice planning, leadership styles, organization and management, ethics and values clarification, goal setting, communication, career objectives, coaching burn-out and sport psychology. The overriding theme examines the interpersonal strategies leading to a productive coach-athlete relationship. Some kinesiology courses have specific prerequisites, which are stated in the course descriptions.

**Strength and Conditioning Minor**

A content-focused physical education course that includes an emphasis on sport and fitness being a learning atmosphere for global awareness. While, the course exposes students to many common and unique sports, it also serves to expose students to other cultures that participate in these lifetime activities. Improving or maintaining fitness will be the focus of this class and might include activities like, but not limited to yoga, pilates, resistance training, spinning, running, fitness walking, fitness swimming, water polo, kickboxing, cardio-kick, zumba and exergaming. A 4-5 week unit on aquatics will also be included in this course. The course also provides coinciding opportunities to gain awareness of cultural variations and regional circumstances, through the lens of a particular sport. Students will be required to demonstrate movement competence in various sports and activities.

**Courses**

**PED 203 Lifetime and Fitness Activities**

A content-focused physical education course that includes an emphasis on sport and fitness being a learning atmosphere for global awareness. While, the course exposes students to many common and unique sports, it also serves to expose students to other cultures that participate in these lifetime activities. Improving or maintaining fitness will be the focus of this class and might include activities like, but not limited to yoga, pilates, resistance training, spinning, running, fitness walking, fitness swimming, water polo, kickboxing, cardio-kick, zumba and exergaming. A 4-5 week unit on aquatics will also be included in this course. The course also provides coinciding opportunities to gain awareness of cultural variations and regional circumstances, through the lens of a particular sport. Students will be required to demonstrate movement competence in various sports and activities.

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**PED 204 Games and Sports**

A content-focused physical education course that includes an emphasis on sport and fitness being a learning atmosphere for global awareness. While, the course exposes students to many common and unique sports, it also serves to expose students to other cultures that participate in these lifetime activities. Improving or maintaining fitness will be the focus of this class and might include activities like, but not limited to yoga, pilates, resistance training, spinning, running, fitness walking, fitness swimming, water polo, kickboxing, cardio-kick, zumba and exergaming. A 4-5 week unit on aquatics will also be included in this course. The course also provides coinciding opportunities to gain awareness of cultural variations and regional circumstances, through the lens of a particular sport. Students will be required to demonstrate movement competence in various sports and activities.

**PED 207 Individual Performance and Dance Activities**

Students will learn appropriate organization and teaching progressions for various forms of individual-performance and dance activities taught in the P-12 curricula. Might include, but are not limited to gymnastics, figure skating, track and field, multi-sport events, in-line skating, wrestling, self-defense and skateboarding. Dance or rhythms activities that may focus on, but not limited to dance forms such as creative movement and dance, ballet, modern, ethnic/folk, hip hop, Latin, line, ballroom, social and square.

**PED 305 Outdoor Curriculum and Cooperative Activities**

Activities may include initiatives, new games, problem solving, trust activities, ropes course, cycling, mountain biking, rock climbing, rappelling, cross-country skiing and others.
PED 311 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: must be physical education or physical and health education major.
Offered: spring.

PED 351 Coaching Theory and Techniques 3 Credits
Coaching is a service activity, which can be experienced as a volunteer, as a paid part-time position or can lead to a full-time profession. The athletes we work with are children and young adults. Many participate at the ‘house’ league level, while others are involved with more competitive and elite programs. Winning is an important aspect of coaching, however providing a positive athletic experience is essential. Winning may take a secondary role to the development of fundamental skills in many situations. This course focuses upon the principles of effective coaching including the role of the coach, ethics and values clarification. The overriding theme examines the interpersonal strategies leading to a productive coach-athlete relationship.
Offered: fall.

PED 354 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. Service-Learning required.
Restriction: must be physical education or physical and health education major.
Fulfills College Core: Diversity
Offered: fall.

PED 355 Disability Sports 3 Credits
Identification of national and international sport and recreational opportunities for individuals with disabilities. Paralympics, Special Olympics, and other disability sport movements and sport classifications will be reviewed. Insight into the historical development of disability sports as well as the delivery of sport models in school and community settings will be included.
Fulfills College Core: Diversity
Offered: spring.

PED 360 Human Growth and 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 physical education or physical and health education major.
Offered: fall.

PED 371 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 physical education or physical and health education major; permission of program director.
Offered: spring.

PED 380 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 physical education or physical and health education major.
Offered: spring.

PED 441 Teaching Methods in Physical Education 3 Credits
Development, implementation and integration of a physical education program; teaching strategies for K-12 physical education with emphasis on New York and national learning standards in Physical Education.
Prerequisite: signature of program director. Restriction: permission of program director.
Fulfills College Core: Oral Communication
Offered: fall.

PED 441L Teaching Practicum in Physical Education 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.
Prerequisite: signature of program director. Restriction: permission of program director.
Offered: fall & spring.

PED 493 Student Teaching Physical Education/Health: Childhood and Adolescence 12 Credits
Two seven-week, full-time student teaching experiences with one placement in an elementary school (Grades 1-6) and the other placement 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: Completion of all other course requirements and department approval, and minimum GPA of 2.7 in all major courses. Corequisite: EDU 497 & EDU 498. Restriction: permission of program director.
Offered: fall & spring.