PHYSICAL EDUCATION SPORT STUDIES

Chair: Peter M. Koehneke
Coordinator: Greg Reeds, Ed.D.

Introduction
The physical education major may wish to pursue a career other than teaching. Several options are available to prepare students for professional careers or graduate training. Students may obtain a bachelor of science degree in Physical Education and Sport Studies (https://www.canisius.edu/academics/programs/physical-education-sport-studies). The Physical Education Sport Studies degree does not lead to teacher certification.

Qualifications
Students must maintain a 2.0 GPA in their major and a 2.0 overall average to graduate with a degree in Physical Education Sport Studies. All students must complete a minimum of 120 credit hours to graduate.

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. Major advisors are normally assigned in the sophomore year, but may be requested in the freshman year to supplement a student’s freshman advisor (their GRIF 101 facilitator). 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.

Dual Majors
Students who wish to expand their educational opportunities may decide to declare a dual major. The decision may be based on career goals or planned graduate studies. Before a student declares a dual major, it is important to meet with the appropriate academic departments for advisement. Some dual 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 dual major, the student must complete the appropriate dual major request form and get the signature of each department chairperson and the appropriate associate dean.

General Education Requirements
All undergraduate students must complete either the Canisius Core Curriculum (http://catalog.canisius.edu/undergraduate/academics/core-curriculum) or the All-College Honors Curriculum (http://catalog.canisius.edu/undergraduate/academics/all-college-honors-program).

Free Electives
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. Students may graduate with more but not less than 120 credit hours.

Major Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>SPMT 150</td>
<td>Introduction to Sport Management</td>
<td>3</td>
</tr>
<tr>
<td>HED 205</td>
<td>Wellness and Fitness</td>
<td>3</td>
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<tr>
<td>HED 220</td>
<td>Healthy Behaviors</td>
<td>3</td>
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<tr>
<td>KIN 235</td>
<td>Kinesiology</td>
<td>3</td>
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<tr>
<td>HED 337</td>
<td>Exercise Principles and Applications</td>
<td>3</td>
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<tr>
<td>KIN 350</td>
<td>Organization and Administration of Health and Wellness</td>
<td>3</td>
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<tr>
<td>PED 351</td>
<td>Coaching Theory and Techniques</td>
<td>3</td>
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<tr>
<td>HED 425</td>
<td>Evolution of Disease and Illness</td>
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<tr>
<td>HED 361</td>
<td>Psychology of Sport and Mental Health</td>
<td>3</td>
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<tr>
<td>BIO 114 &amp; 114L</td>
<td>Human Biology: Introduction to Human Anatomy and Physiology</td>
<td>4</td>
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<tr>
<td>BIO 115 &amp; 115L</td>
<td>Musculoskeletal Anatomy and Physiology Laboratory</td>
<td>4</td>
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<tr>
<td>KIN 494</td>
<td>Capstone in Kinesiology</td>
<td>3</td>
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<tr>
<td>PE or Health Elective</td>
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<td>3</td>
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<td>PE or Health Elective</td>
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<td>PE or Health Elective</td>
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<tr>
<td>Total Credits</td>
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<td>47</td>
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Major Electives
Physical Education Sport Studies majors should consult their advisor for major electives.

Additional Course Considerations
Physical Education Sport Studies majors should consult their advisor for additional course considerations.

Freshman

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>SPMT 150</td>
<td>HED 220</td>
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<tr>
<td>BIO 114 &amp; 114L</td>
<td>BIO 115 &amp; 115L</td>
</tr>
<tr>
<td>RST 101</td>
<td>PHI 101</td>
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<tr>
<td>FYS 101</td>
<td>ENG 101</td>
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<tr>
<td>Elective</td>
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Sophomore

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>KIN 235</td>
<td>KIN 350</td>
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<tr>
<td>HED 205</td>
<td>Field 1</td>
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<tr>
<td>Field 7</td>
<td>Electives</td>
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<tr>
<td>Electives</td>
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Junior

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<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>HED 337</td>
<td>HED 361</td>
</tr>
<tr>
<td>PED 351</td>
<td>Field 3</td>
</tr>
<tr>
<td>Field 2</td>
<td>Electives</td>
</tr>
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</table>
Learning Goals and Objectives

Learning Goal 1
Candidates in the Physical Education/Sport Studies program will demonstrate content knowledge, pedagogical, and professional knowledge necessary for successful performance in their field.

Students will:
• Demonstrate knowledge of the basic theories of personality, motivation, perception and social psychology as applied to the field of sport and exercise. This includes making the application of theory into practice in applied settings such as coaching, therapy or management and be prepared to enter careers the allied sports professions
• Design a mental training program from the field of sport psychology that is related to mental health, performance intervention or performance enhancement. Select a sport and a sub-skill within that sport and develop a mental training program (MTP) or psychological skills training program (PSTP) that could be used as a blueprint for a psychological intervention

Learning Goal 2
Candidates in the Physical Education/Sport Studies program will demonstrate professional skills and dispositions necessary for successful performance in their field.

Students will:
• Design an in season or off-season conditioning program for a team or an individual.
• Develop an exercise progression for a team that reduces the risk and maximizes benefit

Learning Goal 3
Candidates in the Physical Education/Sport Studies 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:
• Be prepared to contribute to the allied sports professions through participation in public relations, education, governmental, research or other professional activities
• Write a reflection paper for inclusion into the coaching portfolio based on the experiences gained in a ten hour community based learning field placement

Learning Goal 4
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:
• Reflect on career alternatives outside traditional teaching settings and determine the type of training needed to gain entry into the workforce by writing a reflection paper outlining and clearly expressing and well thought out philosophy of life which will be applied to a career in coaching at either the youth volunteer level, in high school, College or beyond

Learning Goal 5
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:
• Pursue graduate studies or work in coaching science, sports psychology, counseling, sport administration, recreation or leisure.
• Articulate issues on quality of life in a reflection paper based on a visit to an outside agency

Physical Education Sport Studies students who wish to expand their educational opportunities may decide to declare a minor in addition to their major. The decision may be based on career goals or planned graduate studies. Minors generally range from six to eight required courses. A listing of the minors can be found under the Academic Curricula section of the catalog. Some majors and minors can be completed within the minimum 120 credit hour degree requirement. But in some cases additional coursework may be required. Students must complete the appropriate minor request form.

The sports psychology minor provides students interested in psychology and physical education with an interdisciplinary approach to the study of sport, physical activity, health psychology, exercise psychology or coaching. The minor ideally prepares the student for careers in coaching or sport psychology. Students may seek advisement from the Psychology Department or the Department of Kinesiology.

Students will:
• Sports Psychology Minor (http://catalog.canisius.edu/undergraduate/college-arts-sciences/psychology/sports-psychology-minor)
• Coaching Minor (http://catalog.canisius.edu/undergraduate/school-education-human-services/educator-preparation/physical-education-health/#minorstext)

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 overarching theme examines the interpersonal strategies leading to a productive coach-athlete relationship. The minor provides students with preparation Kinesiology courses have specific pre-requisites, which are stated in the course descriptions.

Note: Dr. Gregory Reeds serves as the advisor for the coaching minor program in the Department of Kinesiology and serves as the coordinator of the Physical Education Sport Studies program.
SPMT 150 Introduction to Sport Management 3 Credits
Introduces the sport management profession. Primary focus is on the sport industry, including professional sport entertainment, amateur sport entertainment, for-profit sport participation, sport goods and sport services.
Offered: fall.

HED 205 Wellness and Fitness 3 Credits
Lecture and laboratory. Skills, teaching methods, resource units, evaluative instruments, teaching aids, leading to an overall understanding of the principles of health and wellness. Focus on physical fitness testing, cardiovascular exercise, muscular strength, muscular endurance, flexibility and body composition. There is additional focus on special populations, childhood obesity and the development of a personal fitness program.
Offered: fall & spring.

HED 220 Healthy Behaviors 3 Credits
Examines health determinants and the effects on all seven dimensions of health. Assessment of personal lifestyle behaviors and factors influencing current and relevant health issues. Emphasis on personal behavior modification to practice health-enhancing behaviors and to reduce health risks. Guidelines for healthy practices related to nutrition, mental health, cancer prevention, HIV/STDs, cardiovascular disease, stress management, sexuality, physical fitness, drugs and alcohol and relationships. Establishes foundation for living healthy and productive lives.
Offered: fall & spring.

HED 337 Exercise Principles and Applications 3 Credits
This course will address the many aspects of fitness and exercise. Students will experience classroom lecture as well as practical experience in the weight room and other alternative exercise facilities. Students will gain experience in the proper design of exercise programs and will understand the importance of periodization as it relates to exercise. Upon successful completion of this course, the student will have a vast knowledge of the principles surrounding strength and conditioning.
Prerequisite: minimum grade of C in both BIO 114 and BIO 114L.
Offered: fall & spring.

HED 425 Evolution of Disease and Illness 3 Credits
Overview of humanity’s triumphs and failures in the ongoing fight against illness and disease. Examines history of disease, current health issues and trends to determine outlook for emerging health concerns of the future. Examines various models of disease to explain disease agents and route of transmission throughout the body’s systems. Analysis of disease occurrence, predisposing factors, body’s immune response, symptoms, prevention, treatment and control.
Offered: fall & spring.

HED 361 Psychology of Sport and Mental Health 3 Credits
This course address sport psychology from a sports studies perspective incorporating interdisciplinary knowledge from the social sciences. It is an appropriate approach for many students seeking to understand the psychological processes facing athletes in a competitive environment. Considerable interest surrounds the efforts of sport psychologists to optimize the performance of those characters we call athletes - the sport heroes of our society. Superior athletic performance has long held great intrigue. Tremendous improvements in the identification and measurement of the psychological factors related to athletic performance have resulted in significant improvements in an athlete’s ability to produce top level performance on a consistent basis. This course focuses on the application of these psychological principles by athletes, coaches and sport psychology consultants in what has been a quest to produce the ultimate athlete.
Fulfills College Core: Field 5 (Social Sciences)
Offered: fall & spring.

KIN 235 Kinesiology 3 Credits
Scientific study of human movement, emphasizing the basic principles of musculoskeletal anatomy, neuromuscular physiology and biomechanics.
Prerequisite: minimum grade of C in both BIO 115 and BIO 115L.
Offered: fall & spring.

KIN 494 Capstone in Kinesiology 3 Credits
This seminar is a reflective course that is taken for students in the Department of Kinesiology. Students reflect on service excursions, review readings, debate related topics in kinesiology, and compose a final report on a topic in the profession laced with justice, diversity, ethical, and global issues.
Restriction: KIN department majors only.
Fulfills College Core: Core Capstone
Offered: fall & 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.

BIO 114 Human Biology: Introduction to Human Anatomy and Physiology 3 Credits
Introductory course for those students requiring an understanding of the structure and function of the human body. Course examines the relationships among physiology, anatomy, metabolism, genetics, evolution, the physical environment, and exercise, and how they relate to diet, human health and disease. Three hours of lecture and one three-hour lab per week.
Fulfills College Core: Field 6 (Natural Sciences)
Offered: fall & spring.

BIO 114L Human Biology: Introduction to Human Anatomy and Physiology Laboratory 1 Credit
One three-hour lab per week.
Corequisite: BIO 114.
Offered: fall & spring.
BIO 115 Musculoskeletal Anatomy and Physiology  3 Credits
Examination of the anatomy, physiology and biomechanical
characteristics of the musculoskeletal components, and associated
neural and vascular structures, of the human body. Three hours of lecture
and one three-hour lab per week.
Prerequisite: minimum grade of C in BIO 114.
Offered: fall & spring.

BIO 115L Musculoskeletal Anatomy and Physiology Laboratory  1 Credit
One three-hour lab per week.
Corequisite: BIO 115.
Offered: fall & spring.