

# PHYSICAL EDUCATION (MSED) (INITIAL)

Chair: Marya Grande, Ph.D.

Program Director: Jeffrey R. Lindauer, Ph.D.

Degree: Master of Science in Education

## Physical Education Teacher Education

The Physical Education Teacher Education (PETE) program is designed to provide teacher candidates with the practical experience and knowledge needed to open the door to a career in education. This program prepares career changers and college graduates to become teachers who make a difference in the lives of children/adolescents. Our innovative curriculum immerses aspiring teachers in the classroom and integrates theory, practice, and content into daily teaching and learning.

Our clinically-rich program allows aspiring teachers to gain real-world experience through field placements and student teaching in diverse educational settings. This in-depth training will provide teacher candidates with the professional background to build their resumes and enter the classroom with confidence.

Prepare to succeed. The curriculum is fully aligned with the New York State (NYS) standards for teacher preparation and will prepare teacher candidates for the New York State Teacher Certification Exams. Our focus is to provide each teacher candidate with the best possible preparation to meet all certification requirements in order to become a transformational teacher.

Graduates of this program will have the opportunity to earn initial teaching certification in New York State while also obtaining a master's degree. Canadian students can achieve certification in New York and then apply for certification in Ontario. Our graduates become part of a lifelong Canisius community of educators that make a meaningful difference in the lives of all students.

Classes begin in the Fall & Spring semesters.

### Prerequisite Information

Based upon evaluation of undergraduate transcripts, a program will be developed to ensure completion of content courses needed to meet New York State requirements for teaching physical education. A grade of C or higher is required in each of the following course equivalents: lifetime and fitness activities, games and sports, individual performance and dance activities, human anatomy & physiology w/lab, kinesiology, exercise physiology, and a health elective (see program director for approval). PETE candidates must also provide professional association membership and valid Lifeguarding/First Aid/CPR/AED certifications to the PETE program director prior to student-teaching.

### Grade Requirements

Graduate students enrolled in initial certification programs must achieve a C or above in all course requirements and a B- or above in all graduate program coursework. Failure to meet these requirements will require repeating the course &/or completing additional coursework.

### Licensure Disclosure

Canisius University cannot determine whether completion of this program would be sufficient to meet licensure requirements outside of New York State for the intended occupation. We advise you to contact your state licensing board or appropriate licensing entity (<https://canisius.atlassian.net/wiki/spaces/AcadAffairs/pages/34964198/Professional+Licensure>)

+Notification/) to determine whether the program meets requirements for Professional Licensure in the state where you are located or the state in which you intend to pursue licensure. Please contact the associate dean of your school if you have further questions.

### Residency Program

This program may be completed through a traditional or residency pathway. Both pathways include scaffolded field experiences, but the traditional pathway culminates in two, seven-week student teaching placements while a full year paid residency is the culminating experience for the residency pathway.

## Curriculum

Code	Title	Credits
<b>Required courses for Initial Certification in K-12 Physical Education:</b>		
EDU 505	Foundations of Education	3
EDU 595	Child Abuse Workshop	0
EDU 596	Prevention of School Violence Workshop	0
EDU 597	Dignity for All Students Workshop	0
PEG 506	Early Field Experience Elementary Physical Education	0
PEG 507	Early Field Experience Secondary Physical Education	0
PEG 511	Movement Education and Elementary Activities	3
PEG 541	Teaching Methods in Physical Education	3
PEG 541L	Teaching Practicum in PE	0
PEG 554	Adapted Physical Education	3
PEG 560	Motor Development	3
PEG 571	Assessment in Physical Education	3
PEG 580	Concepts of Teaching Sport Skills	3
PEG 584	Capstone in Teaching Physical Education	3
PEG 593	Student Teaching	9
PEG 594	Student Teaching Seminar	0
SPE 541	Inclusive Strategies	3
PEG 680	Research Methods in Physical & Health Education	3
<b>Total Credits</b>		<b>39</b>

### Program Prerequisites:

1. Anatomy and Physiology I with Lab (4 credits)
2. Exercise Physiology (3 credits)
3. Kinesiology (3 credits)
4. Six credits from the following activity courses<sup>1</sup>:
  - a. Lifetime and Fitness Activities
  - b. Games and Sports
  - c. Individual Performance and Dance
  - d. Outdoor Curriculum & Cooperative Activities
5. Health Elective (3 credits)

All PE activity courses must be approved by the program director. In addition, prior to program completion, candidates must show evidence of CPR/AED, Lifeguarding, and First Aid Certification.

### Additional Considerations and Requirements

All 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. PEG 506 and PEG 507 require 30 hour

field experiences in a K-12 physical education setting. PEG 541 Lab must be taken in the last semester before student teaching. Proof of current Lifeguarding/First Aid/CPR/AED certifications must be provided prior to student-teaching. Candidates should consult their advisor for additional course considerations.

## Courses

### 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. This course must be completed at Canisius University.

**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. This course must be completed at Canisius University.

**Offered:** every 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. This course must be completed at Canisius University.

**Offered:** every 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 schooled 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 536 Exercise Physiology 3 Credits

Covers the advanced study of concepts, principles, and research in the field of exercise physiology. Discusses advanced concepts in the muscular/neuromuscular, cardiovascular, ventilatory, endocrine, and metabolic responses to exercise and exercise training. Specific study of the physiological control mechanisms regulating these systems are also addressed during periods of rest, acute exercise, and following chronic exercise training.

**Offered:** every summer.

### PEG 541 Teaching Methods in Physical Education 3 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.

**Restriction:** must be in the physical education initial certification program; permission of program director.

**Offered:** every 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. This course must be completed at Canisius University.

**Offered:** every fall & spring.

### PEG 541L 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.

**Prerequisite:** PEG 506, PEG 507, PEG 508, PEG 541 and PEG 571.

**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 565 Principles and Philosophy of Coaching 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, young adults and students. 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, 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.

**Offered:** every spring.

- 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 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.  
**Prerequisite:** permission of program director. **Corequisite:** EDU 597 & PEG 594. **Restriction:** must be in the physical education initial certification program.  
**Offered:** every 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:** every 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- 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.  
**Offered:** occasionally.
- PEG 650 Analysis of Curriculum in Physical and Health Teaching** 3 Credits  
The purpose of this course is to examine the philosophy, objectives, analysis, development, and implementation of curriculum in physical education.  
**Offered:** occasionally.

**PEG 651 Coaching Theory, Techniques and Exercise Psychology 3 Credits**

Principles of effective coaching, including the role of the coach, practice planning, leadership theory, exercise science, sports psychology and teaching motor skills.

**Offered:** every spring.

**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.

**Offered:** occasionally.

**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.

**Offered:** occasionally.

**PEG 671 Authentic Assessment and Exercise Testing in Physical Education 3 Credits**

Content and theory related to authentic and traditional exercise assessment in physical education. Development, implementation and assessment of authentic assessments in physical education is included.

**Offered:** occasionally.

**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.

**Offered:** occasionally.

**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.

**Offered:** occasionally.

**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.

**Offered:** occasionally.

**PEG 687 Contemporary Foundational Issues in Physical Education and Athletics 3 Credits**

Focuses on current foundational 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.

**Offered:** every summer.

**PEG 691 Dir Field Experience 3,6 Credits**

Dir Field Experience.

**Offered:** occasionally.

**PEG 692 Independent Study 3 Credits**

Independent studies require an application and approval of the associate dean.

**Offered:** occasionally.