

# 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.

## Licensure Disclosure

Canisius College 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://wiki.canisius.edu/x/Hxi8BQ/>) 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.

## 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
<b>Core Research</b>		
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
<b>Teaching Sequence</b>		
PEG 650	Analysis of Curriculum in Physical and Health 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
<b>Electives</b>		
Select three of the following: <sup>1</sup>		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 620	Leadership In Physical Education and Athletics	
PEG 630	Physical Education for the Exceptional Individual	
PEG 635	Administrative Principles of Physical Education/ Athletics	
PEG 645	Performance Enhancements and Interventions: Sports Psychology	
PEG 651	Coaching Theory and Techniques	
PEG 687	Contemporary Issues in PE/Athletics	
<b>Total Credits</b>		<b>30</b>

<sup>1</sup> 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 professional certification classes. The PEG 600 level classes are used for the online professional certification or non-certification program. Students may take online 500 level classes with permission of the program Director.

Course Descriptions (Per Subject)

### 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 and abroad. Promotes awareness of the diversity of attitudes, values and beliefs from various cultural backgrounds. Explores the risk factors associated of poverty-stricken nations and under-developed nations. Study potential solutions to reduce the prevalence of disease and illness at home and abroad.

### 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.

### 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 disease and today's prevention and treatment opportunities. A comparison of holistic modalities to conventional medical practices is studied. Drug use, addiction and opioid issues will be studied.

### PEG 614 Healthy Behaviors and Alternative Medicine 3 Credits

Theory and content related to various topics in the field. Explore the alternative perspectives of Health Issues in the USA especially related to healthy eating and sugar consumption and addictions. Study of personal health choices and how these effect disease and illness. Cancer and drug therapy and alternatives will also be studied.

### PEG 615 Statistics in Physical and Health Education 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 environmental conditions such as global warming, nutritional challenges of under-developed countries, epidemics of non-communicable and infectious disease and maternal and child health. The overall impact of health education at home and abroad will be studied.

### 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, opioid addiction, etc.

### PEG 620 Leadership in Physical and Health 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. Any student wanting an athletic director certificate or administrator's certificate should look into this course counting.

#### **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 and Health 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. Any student wanting an athletic director certificate or administrator's certificate should look into this course counting.

#### **PEG 640 Social Psychology and Sports Psychology in Physical Activity and Sport 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 in Physical and Health Education 3 Credits**

The purpose of this course is to examine the philosophy, objectives, analysis, development, and implementation of curriculum in physical education. A unit plan is the culminating activity.

#### **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 motor skills analysis are studied.

#### **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 and Health Education 3 Credits**

Examination of Mosston's Spectrum of Teaching Styles in Physical and Health Education. Focus will be on applying the teaching styles to various units in physical education. Graham's physical education textbook is used as a basis for the course.

#### **PEG 671 Authentic Assessment in Physical and Health 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. Tests such as Physical Best and other new age measures are studied.

#### **PEG 680 Research Methods in Physical and 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 written form. A research study is the final outcome in its beginning stages.

#### **PEG 681 Legal Aspects in Physical and Health 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. Any student wanting an athletic director certificate or administrator's certificate should look into this course counting.

#### **PEG 684 Capstone in Teaching Physical and Health Education 3 Credits**

Analysis and evaluation of issues, directed readings, and comprehensive exam of content and theory identified in the program is undertaken. This requires student research of a current physical or health education topic and answering one in-depth question. A professional portfolio is developed which can be used for professional development or promotion is undertaken.

#### **PEG 687 Contemporary Issues in Physical and Health Education and 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.