PHYSICAL EDUCATION - PED

PED 203 Lifetime and Fitness Activities  3 Credits
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.
Fulfills College Core: Global Awareness
Offered: spring of odd-numbered years.

PED 204 Games and Sports  3 Credits
A content-focused physical education course that includes an emphasis on sport 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 activities. This includes the games categories of invasion, net/wall, target and fielding/striking. It also provides coinciding opportunities to gain awareness of cultures, and communities, and societies, through the lens of a particular sport. Students will be required to demonstrate movement competence in various games categories (invasion, net and target, etc.).
Fulfills College Core: Global Awareness
Offered: fall of odd-numbered years.

PED 207 Individual Performance and Dance Activities  3 Credits
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.
Offered: spring of even-numbered years.

PED 305 Outdoor Curriculum and Cooperative Activities  3 Credits
Philosophy, teaching methods, programming and safety management. Activities may include initiatives, new games, problem solving, trust activities, ropes course, cycling, mountain biking, rock climbing, rappelling, cross-country skiing and others.
Offered: fall of even-numbered years.

PED 306 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.

PED 307 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.

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 and secondary 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 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 365 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.
Restriction: KIN department majors only.
Offered: spring.
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Prerequisite</th>
<th>Restriction</th>
<th>Offered</th>
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<tbody>
<tr>
<td>PED 371</td>
<td>Assessment in Physical Education</td>
<td>3</td>
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<td>spring</td>
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<tr>
<td>PED 372</td>
<td>Seminar in Kinesiology</td>
<td>3</td>
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<tr>
<td>PED 380</td>
<td>Concepts of Teaching Sport Skills</td>
<td>3</td>
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<td>PED 441</td>
<td>Teaching Methods in Physical Education</td>
<td>3</td>
<td>signature of program director</td>
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<td>spring</td>
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<td>PED 441L</td>
<td>Teaching Practicum in Physical Education</td>
<td>0</td>
<td>signature of program director</td>
<td>permission of program director</td>
<td>fall &amp; spring</td>
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<td>PED 493</td>
<td>Student Teaching Physical Education/Health: Childhood and Adolescence</td>
<td>12</td>
<td>Completion of all other course requirements and department approval, and minimum GPA of 2.7 in all major courses.</td>
<td>permission of program director</td>
<td>fall &amp; spring</td>
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<td>PED 499</td>
<td>Independent Study</td>
<td>1-3</td>
<td>permission of instructor, department chair, &amp; associate dean</td>
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<td>occasionally</td>
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Independent study with a Kinesiology faculty member with emphasis on research in Physical Education. Independent studies require an application and approval of the associate dean.