

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.

Restriction: permission of program director. This course must be completed at Canisius University.

Offered: every 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.

Restriction: permission of program director. This course must be completed at Canisius University.

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 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.

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: Teacher Education and Leadership department majors only.

Offered: spring.

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 majors and sport psychology minors.

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.

Fulfills College Core: Oral Communication

Offered: occasionally.

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. This course must be completed at Canisius University.

Prerequisites: HED 308, PED 306, and PED 307. **Restriction:** permission of program director.

Offered: every 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.

PED 499 Independent Study 1-3 Credits

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.

Prerequisite: permission of instructor, department chair, & associate dean.

Offered: occasionally.