Physical Education Courses and Health Education Courses

Physical Education

EP 211  Foundations of Physical Education (4)
This is a study of significant concepts of physical education with emphasis on history, current issues and trends in the field. Students learn about and gain experience teaching locomotor and manipulative skills. Relevant field placement required. Offered fall semesters.

EP 214  Indoor/Outdoor Recreational Sports (4)
This course teaches how to guide the dynamic interaction between individuals and within groups engaged in activities for personal and social development. It applies techniques, skills, and strategies involved in life-time sports, fitness activities and dance. The course includes units on team building and ethical decision-making in physical education and sport settings.

EP 305  Organization and Administration of Athletics and Physical Education (4)
This course emphasizes the aims, objectives and problems involved in managing athletics and a physical education curriculum. Students study and analyze the strategic planning process in athletic departments. Assignments require real-life applications relevant to field settings. Offered spring semesters.

EP 308  Athletic Injuries and First Aid (4)
This course includes how to follow safety practices, principles of emergency first aid and equipment maintenance procedures. It also involves the practice and study of the recognition of athletic injuries and rehabilitation of these injuries.

EP 310  Adaptive Physical Education (4)
This course explores the techniques and methods of involving children with physical disabilities in physical education activities. Relevant field placement required.

EP 383  Tests and Measurements in Physical Education (4)
This course explores the practical application of testing and measurement in physical education. It requires students to develop and analyze assessment tools for use in the physical education classroom as well as to know and understand current scholarly research on this area.

EP 461, 462  Independent Study in Physical Education (1 - 4)
This course is an independent study in the field of physical education, as approved by the Department of Education chair.

EP 463, 464  Internship in Physical Education (1 - 4)
This course is an internship in the field of physical education, as approved by the Department of Education chair.

EP 465, 466  Independent Research in Physical Education (1 - 4)
This course is independent research in the field of physical education, as approved by the Department of Education chair.

Health

EP 208  Programs in School Health (4)
Principles, philosophy and history of health services, this course is designed to show the relationship of school health to healthful and social environment. Offered fall semesters.

EP 405  Curriculum Development and Evaluation in Health Education (4)
This course is designed for teachers of health. Instructional methods and learning opportunities particularly applicable
to health education. Measurement and evaluation techniques of short and long term objectives and goals. Prerequisite: BH 210 or BH 335.

**BH 210 Personal and Community Health (4)**
An introduction to epidemiology; contemporary health problems; communicable disease control; and health issues of the child, the adult and the aging population. Prerequisite: BI 107 or BI 315.

**BH 225 Nutrition (4)**
The primary focus of this course is to provide the student with a broad foundation of basic and advanced nutritional concepts such that they will acquire an increased understanding of the biological implications which govern the study of nutrition. Topics include the action, interaction, and balance of food constituents as they pertain to human health and disease. Prerequisites: BI 107 or BI 110, and CH 101 or CH 111.

**BH 330 Human Sexuality (4)**
The concept of sexuality as it incorporates the biological, psychological, physiological and cultural aspects of human sexual behavior. Special emphasis will be given to topics of greatest interest to students and to general society. Prerequisite: BI 107 or BI 110.

**BH 335 Personal Wellness and Fitness (4)**
An introduction to nutrition, conditioning, aerobic fitness, personal fitness assessment, and stress management. Prerequisite: BI 107 or BI 315.

**BH 340 Kinesiology and Physiology of Exercise (4)**
An analysis of muscle function/biomechanics, and study of the responses and adaptations of the human body during exercise. Three class hours and one 2-hour lab per week. Prerequisite: CH 101 or CH 111 and BI 315 or BI 316.

**BH 461, 462 Independent Study in Health (1 - 4)**

**BH 463, 464 Internship in Health (1 - 4)**

**BH 465, 466 Independent Research Health (1 - 4)**