PEHM Phys Edu/Health Major

**PEHM 2100** Athl Hlth/Prvtn/Rec/Care Inj
3 Credit Hours. 3 Lecture Hours. 0-18 Lab Hours.
Survey of the athletic health care system, legal liability associated with
sports, techniques for preventing, recognizing, minimizing, and managing
sports-related injuries and conditions. Instruction and certification in
American Red Cross First Aid, CPR and AED. A certification fee is
required. Lab experiences are required.

**PEHM 2500** Foundations of Physical Edu
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Survey of historical foundations, interrelationships of health and physical
education and the development of current progressive programs including
the uses and availability of technology.

**PEHM 3000** Current Health Educ Issues
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Discussion of wellness, nutrition, exercise, disease, lifestyle and consumer
issues, and aging.

**PEHM 3050** Theory & Techniques of Dance
2 Credit Hours. 2 Lecture Hours. 2 Lab Hours.
History, background, teaching techniques, and evolution of the various
forms of dance including square, folk, social, and modern. Field
experiences required.

**PEHM 3060** Recreational Games
2 Credit Hours. 2 Lecture Hours. 2 Lab Hours.
Instruction in recreational games and activities in diverse settings and with
diverse populations. Includes knowledge, attitudes, and skills for wiser use
of the outdoors and natural resources. Field experiences required.

**PEHM 3090** Basic Games Dance & Ryth Act
2 Credit Hours. 2 Lecture Hours. 0-18 Lab Hours.
Instruction in recreational, dance and rhythmic activities for P-12 diverse
populations. A field experience is required.

**PEHM 3200** Motor Development & Learning
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Theories and Principles of motor development, learning, and control as
they relate to the acquisition of fundamental locomotion and manipulative
skills.

**PEHM 3283** Kinesiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
An interdisciplinary approach to the science of movement. Topics include
functional anatomy and applied principles of biomechanical analysis of
movement-based sports activities.

**PEHM 3300** Technique Team Sports Instrctn
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Analysis, demonstration, and application of basic skills and techniques
necessary for instruction in soccer, softball, field hockey, football,
volleyball, basketball, and team handball.

**PEHM 3350** Class Mgmt Prac Hlth/Phys Edu
2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.
Theory and best practices of class management as related to the
characteristics of learners and effective pedagogy in health and physical
education programs.

**PEHM 3500** Exercise Physiology
3 Credit Hours. 3 Lecture Hours. 0-18 Lab Hours.
Response of the anatomy of major body organ systems to exercise, with
laboratory procedures in exercise physiology.

**PEHM 3700** Techniques in Ind & Dual Sport
3 Credit Hours. 3 Lecture Hours. 0-18 Lab Hours.
Analysis, demonstration, and application of basic skills and techniques
necessary for instruction in individual and dual sports, including tennis,
badminton, pickleball, golf, bowling, and gymnastics/tumbling.

**PEHM 3780** Substance Abuse Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Detailed background information on the categories of drugs, chemical
misuse, abuse, prevention, treatment, along with curriculum and age-
appropriate teaching strategies.

**PEHM 4000** Measure & Eval in Hlth and Pe
2 Credit Hours. 2 Lecture Hours. 1-12 Lab Hours.
Information related to fitness principles and theories, along with
methodology utilized in fitness assessment and testing. Directed field
experiences may be required.

**PEHM 4090** Health Education Topics
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
In depth information on substance use (drugs, chemical misuse, abuse,
prevention and treatment), topics relating to healthy relationships, sexual
behavior (abstinence, comprehensive education, sexually transmitted
diseases, pregnancy, and parenthood), and techniques utilized for conflict
resolution.

**PEHM 4100** Adaptive Physical Edu
2 Credit Hours. 2 Lecture Hours. 0-18 Lab Hours.
Instruction in methods for adapting physical education instruction to meet
the needs of students with disabilities. A field experience is required.

**PEHM 4333** Principles of Coaching
2 Credit Hours. 2 Lecture Hours. 0-18 Lab Hours.
Examination of the various aspects of coaching athletes in contemporary
society by researching current findings and other related factors affecting
performance. Specific attention given to the principles, problems, and
understanding of management of athletic contests. A field experience is
required.

**PEHM 4701** Elem Sch Hlth/PE Curr & Meth
4 Credit Hours. 3 Lecture Hours. 0-18 Lab Hours.
Theory and current practice in the teaching of elementary physical
education for the developing child, including developing appropriate
curriculum design, methods, and assessment. A field experience is
required.

**Prerequisite(s):** A minimum grade of “C” in PEHM 3200.

**PEHM 4702** Mid/Seccdary PE Currclm/Methd
4 Credit Hours. 3 Lecture Hours. 0-18 Lab Hours.
Curriculum development and methods of teaching physical education in
the middle and secondary schools.

**Prerequisite(s):** A minimum grade of “C” in PEHM 3300.

**Corequisite(s):** PEHM 3700.

**PEHM 4703** Health Ed Curriculum & Methds
4 Credit Hours. 3 Lecture Hours. 0-18 Lab Hours.
Methods of teaching health in P-12 schools addressing curriculum
requirements.

**Prerequisite(s):** A minimum grade of “C” in PEHM 3000 and PEHM 4090.

**PEHM 4710** Physical Education Practicum I
6 Credit Hours. 0 Lecture Hours. 6 Lab Hours.
On site experience in an assigned work site.

**PEHM 4800** Internship II - Tchr of Record
12 Credit Hours. 0 Lecture Hours. 1-18 Lab Hours.
Supervised field-based teaching experience for candidates who hold a
health/physical education teaching position in a school setting.
PEHM 4900  Internship Recreation & Coach
12 Credit Hours.  3 Lecture Hours.  9 Lab Hours.
Students are placed in selected schools for one semester as full-time student staff members. No additional credit hours may be earned while student teaching. Classroom experiences and other staff responsibilities are jointly supervised by the university staff, supervising teachers and principals in the selected schools. Open to transient students only with permission of the Director of Professional Laboratory Experiences at Armstrong and of the college from which the student comes.