

PEHM Phys Edu/Health Major

PEHM 2100 Athl Hlt:Prvtn/Recg/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/Secdary Pe Curriclm/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.