

Physical Education

Physical Education Degree

The Physical Education program is designed to prepare students to become professional educators in the field of physical education, health and wellness. The department thus offers curricula leading to the Bachelor of Science in Education. It meets the classroom standards for a teaching certificate in the State of Missouri—Grades K-12. The course work included is designed to acquaint the student with the history and development of physical education, knowledge of body functioning, theory of teaching physical education and athletic coaching, and testing and measurements procedures.

The curriculum reflects research and recommendations from such groups as the American Alliance for Health, Physical Education, Recreation and Dance, the Missouri Association for Health, Physical Education, Recreation, and Dance, and the Missouri Department of Elementary and Secondary Education.

CMU has a chapter of the Student Missouri State Teachers Association (SMSTA). All students who are interested in a career in education must join a professional organization by their senior year. The Missouri State Teachers Association is the sponsoring organization (advisor: Prof. Barb Thurmon).

Physical Education Minor - 17 hrs.

A student seeking a minor in Physical Education without seeking certification must complete 17 hours of Physical Education coursework, including no more than one hour of sports participation or activity credit. Prerequisites will not be waived for the minor.

Coaching Minor - 17 hrs.

PE212 First Aid/Community CPR (2)

PE321 Organization and Administration of Physical Education & Athletic Programs K-12 (2)

PE323 First Aid, Care and Prevention of Athletic Injuries (3)

PE327 Physiology of Exercise (3)

PE331 Advanced Strength and Conditioning (3)

Four hours of Coaching and Officiating coursework.

Physical Education Courses

See related course listings under [Education](#), Special Education, and Sports Management.

PE100 Marching Eagles Band. 1 hour. Practices daily during football season. Presents half-time shows at home football games, hosts Band Day (a high school marching competition), and is open by audition to all qualified students. May be taken as MU021 or PE100, 1 hour per semester. A maximum of one hour of required physical education credit in Marching Band may be applied toward a degree. Fall.

PE101 Lifetime Fitness Activities. 1 hour. Emphasis is placed on the importance of people of all ages to participate in physical exercise in order to achieve and maintain optimum health.

PESW101 Swimming. 1 hour. This course offers instruction and practice in the proper techniques of swimming strokes and aquatic skills, in understanding the aerobic value of swimming, and in understanding the hazards of the aquatic environment.

PE102 Sports Participation. 1 hour. Varsity and Junior Varsity athletes practice daily and represent CMU during athletic competition. A maximum of one hour of required physical education credit through participation in Varsity and Junior Varsity sports may be applied toward a degree. Pass/fail credit is awarded based on attendance at events and practices; students who quit a team before the end of the season should drop the class or they will receive an "F" in PE102.

PE103. Lifetime Activities and Dance. 3 hours. This course will require students to study the concepts of various lifetime fitness activities and sports, as well as fundamentals of various types of movement and dance.

PE111 Wellness. 1 hour. The recognition of physical fitness and physical well being as expressions of strength of character is rooted in the ancient Greek and modern Olympic Games. Both the study of physical well being and the practice of physical well

being have a long tradition in higher education. Strength of character includes (1) understanding the nature and bases of physical well being, (2) the development of physical as well as mental disciplines, (3) habits of life that support physical as well as mental well being, and (4) enhanced awareness of the meaning and applications of sportsmanship. This course includes both classroom and laboratory experiences to move students toward these dimensions of character formation. This course is part of the General Education Common Core requirement. (Army Physical Training fulfills this requirement.)

PE202 Motor Learning and Motor Development. 3 hours. The study of scientific principles, concepts, and theories related to motor learning and human behavior in sport and physical education. The focus of the course is to introduce students to information on motor learning and acquisition of motor skills and encompasses three areas: motor learning, motor control, and motor development.

PE203 Introduction to Strength and Conditioning. 2 hours. This course offers instruction and practice through teaching strategies and participation to demonstrate developmentally appropriate strength and conditioning principles to both K-12 students and collegiate athletes in muscular strength, endurance, power, flexibility, and conditioning. The course focuses on kinesiology and the biomechanic principles used in training athletes and clients for the primary goal of improving athletic performance and fitness.

PE210 Personal and Community Health. 2 hours. Education majors study the personal health problems and the safety education of students PK through grade 12. Areas of study include growth and development, nutrition, sex and drug education, personal hygiene, and how these areas relate to the students and the community. Fall.

PE212 First Aid/Community CPR. 2 hours. This course provides certification for first aid and CPR. Spring.

PE216 Nutrition and Athletic Performance. 3 hours. Fundamental principles of human nutrition and their application essential to health, from a physiological point of view. The focus of this course is to learn about nutrient requirements, food sources and adequate diet selection in regards to the effects and benefits to athletic performance. Spring.

PE217 Foundations of Physical Education. 3 hours. Historic and philosophic analysis of physical education emphasizing physical education as an academic discipline, professional opportunities, and associated fields. Recommended for freshmen. K-12. Spring.

PE219 Fundamentals of Rhythm, Movement and Dance. 3 hours. Designed to familiarize Physical Education majors with the basic skills essential to efficient movement in sports and dance activities. Potential teachers (K-12) are instructed in the use of rhythm and dance fundamentals with particular emphasis on movement education. Analysis of "generalizations" inherent within motor performance which are transferable to specific sports and dance activities. Spring.

PE221 Psychological and Sociological Aspects of Physical Education. 3 hours. This course applies the principles and scientific methods from psychology to study human behavior in physical education. It also includes the study of the sociological perspective of sports in today's society. Students will explore achievement, motivation, anxiety, self-confidence, cohesion, adherence and leadership in sports and physical education. They will also examine sport-related behaviors as they occur in social and cultural contexts. Fall.

PE230 Theory of Coaching & Officiating Football. 2 hours. Theory, fundamentals, and officiating of football; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Fall.

PE231 Theory of Coaching & Officiating Basketball. 2 hours. Theory, fundamentals, and officiating of basketball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Spring.

PE232 Theory of Coaching & Officiating Volleyball. 2 hours. Theory, fundamentals, and officiating of volleyball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Odd-numbered Falls.

PE233 Theory of Coaching & Officiating Baseball & Softball. 2 hours. Theory, fundamentals, and officiating of baseball and softball; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required.

PE234 Theory of Coaching & Officiating Track & Field. 2 hours. Theory, fundamentals, and officiating of track and field; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Spring.

PE235 Theory of Coaching & Officiating Soccer. 2 hours. Theory, fundamentals, and officiating of soccer; includes team selection, organization, and strategies from the coaching and officiating standpoints. Officiating in intramurals may be required. Even-numbered Falls.

PE321 Organization and Administration of Physical Education and Athletic Programs K-12. 2 hours. Examines recognized and successful ways of setting up physical education and athletic programs and carrying them out to meet stated aims and objectives. Specific attention is given to dealing with curriculum development, program creation, finance, physical layout, school policies, safety policies/practices, record keeping and purchasing and caring for equipment. Cross-listed with RM321. Prerequisite: PE217. Spring.

PE322 Teaching Elementary School Physical Education. 3 hours. Fundamental skills, sports, and games for the elementary school physical education program. Students will study and develop knowledge, understanding participation and application in teaching motor skills in the primary grades. This course includes a minimal amount of time in clinical experiences. K-9. Fall.

PE323 First Aid, Care and Prevention of Athletic Injuries. 3 hours. Lecture, demonstration and practice of the techniques used in the care and prevention of athletic injuries. Spring

PE324 Human Anatomy and Kinesiology. 4 hours. The study of human anatomy and movement principles as applied to sports and analysis of movement from the study of anatomical structures and mechanical principles of the human body. Prerequisite: BI101 or BI106 or BI107. Fall.

PE325 Methods of Teaching Individual and Team Sports. 3 hours. This course is focused on the analysis of skill development and teaching strategies in professional practices of PK-12 educators. Students will learn rules and regulations of both individual and team activities while generating age and developmentally appropriate lesson plans with peer teaching experiences in both individual and team sports activities. Fall/Spring.

PE327 Physiology of Exercise. 3 hours. Emphasis is on the study of the effects of exercise on the various systems of the body and its relationship on the physiological aspects of human nature (K-12). Prerequisite: BI101 or BI107. Spring.

PE328 Adapted Physical Education. 3 hours. Methods of teaching and program development for special needs students in physical education for Grades Pre-K to 12. Fall.

PE331 Advanced Strength and Conditioning. 3 hours. The study of the scientific principles, concepts, and theories of strength training and conditioning and their applications to athletic performance designed to prepare students to teach and supervise strength and conditioning programs in athletics and recreation. Prerequisites: PE327 and either PE203 or PE324. Fall.

PE339 Methods and Techniques for Tests and Measurements in Physical Education. 3 hours. Designed to study methods and techniques for testing and measuring the basic factors on which the performance of a wide variety of physical education activities are based. Major emphasis is on the measurement of skills, knowledge and attitudes pertaining to physical education (K-12). Fall.

PE360 Special Problems. 1-3 hours. A supervised, independent study involving an area of special interest in one of the following fields physical education, health, recreation, and athletics. Must have approval of division chair and individual instructor.

PE440 Program Design. 3 hours. (Capstone) This course is an advanced course for strength and conditioning majors focusing on independent research in design, application, and evaluation of exercise prescription. It includes a professional supervised internship to apply current research in training methods to practical experiences. Prerequisites: PE203, PE324, PE327, and PE331. Spring.