

# PHYSICAL EDUCATION (PHED)

## **PHED 10100 Teaching Strategies in Physical Education (NLA)**

Introduces students to basic pedagogical skills relative to the successful teaching of physical education in a school setting. Topics include, but are not limited to, lesson planning, voice projection, physical movement in the teaching area, and effective transitions. The use of videotaped mini-lessons throughout the semester will encourage students to practice these teaching techniques, as well as to develop reflective and analytical skills in relation to their teaching. For physical education and health and physical education majors/coaching minors. (S,Y)

Attributes: TE

1 Credit

## **PHED 14400 Fundamentals of Dance and Movement (NLA)**

This course will prepare the future teacher in the area of movement development, through basic dance. Emphasis will be placed on the teaching of dance in the public school setting, in both secondary and primary grades. Although there is a dance skill component, the majority of the class focuses on knowledge about pedagogy of fundamental movements in dance and progressions. Students will learn teaching progressions to be effective in the public school setting. (S,Y)

1 Credit

## **PHED 17800 Fundamental Movement Concepts Gymnastics (NLA)**

This course will prepare the future teacher in the area of movement development, through basic gymnastics. Emphasis will be placed on the teaching of gymnastics in the public school setting, with particular focus on the primary grades. Although there is a movement component, the majority of this course will be cognitively based. Students will learn teaching progressions and deal with learning effectiveness in the public school setting. (S,Y)

1 Credit

## **PHED 20200 Teaching Goal-Oriented Games in Physical Education (NLA)**

Introduces students to a tactical model/approach to higher-level games play, focusing specifically on the offensive and defensive strategies and skills common to goal-oriented games (e.g. soccer, football, lacrosse, basketball, handball). Corequisites: PHED 23000. (S, Y)

1 Credit

## **PHED 20400 Teaching Net/Wall Games in Physical Education (NLA)**

Introduces students to a tactical model/approach to higher-level games play, focusing specifically on the offensive and defensive strategies and skills common to net/wall games (e.g. volleyball, tennis, racquetball, paddleball). Prerequisite: Sophomore standing. (F,Y)

1 Credit

## **PHED 20500 Teaching Target and Fielding Games in Physical Education (NLA)**

Introduces students to a tactical approach to higher-level games play, focusing specifically on the offensive and defensive strategies of target and fielding games (e.g., softball, baseball, archery, golf, bowling).

Prerequisites: PHED 10100. (F,Y)

1 Credit

## **PHED 20700 Teaching Outdoor Pursuits and Contemporary Activities (NLA)**

Introduces students to the basic principles involved in teaching outdoor pursuits and adventure education as part of the elementary and secondary physical education programs. Depending on the season, activities include basic rock climbing, mountain biking, cross country skiing, challenge course facilitation and/or backcountry travel techniques for different age groups and diverse populations. Prerequisites: HITH 15200. (S,Y)

1 Credit

## **PHED 20800 Teaching Individual Activities in Physical Education (NLA)**

Introduces students to the basic principles involved in the planning, teaching, and assessment of a variety of individual activities taught as part of the secondary physical education curriculum. Activities include, but are not limited to, yoga, wrestling, personal defense, fencing, and track/field. Prerequisite: Sophomore standing. (F,Y)

1 Credit

## **PHED 21200 Motor Skills Development (NLA)**

Students will be introduced to the fundamental theories and principles related to the motor, cognitive, and affective development of humans throughout the life span, with emphasis on children and adolescents. Detailed analysis of fundamental movement skills and their relationship to effective, developmentally appropriate movement programs will be explored. Students will demonstrate critical analysis of movement programs and compare and contrast them with best practice. Laboratory experiences involving children and adolescents in school settings will allow students to observe the skills and theories in real-life situations. Prerequisites: HLTH 15200 or PHED 25500. (F-S, Y)

Attributes: TE

3 Credits

## **PHED 23000 Teaching Physical Activities in Elementary Physical Education (NLA)**

Provides physical education teacher candidates with knowledge in the selection, planning, and implementation of developmentally appropriate physical activities for elementary school children. Introduces students to the 'skill theme approach' to teaching games, gymnastics, and dance with an emphasis on the development and use of movement concepts in increasing physical activity as outlined by the National Standards for Physical Education. Emphasis is placed on developing an applied understanding of what to teach and practical lab experiences are included in the course. Prerequisites: PHED 10100 and HLTH 15200. (S, Y)

Attributes: TE

3 Credits

## **PHED 23400 Fitness Applications for Health Promotion (NLA)**

Incorporates basic kinesiological, biomechanical, and physiological principles and concepts with practical applications for physical activity, health-related fitness, and health promotion. Clinical procedures include body composition measurement, submaximal oxygen uptake testing, assessing blood pressure, calculating body mass indexes, and cholesterol screening. A major emphasis is the assessment of health-related fitness and the prescription of various types of physical activities for children, adolescents, and adults. Prerequisites: EXSS 12000; EXSS 12100. Students can receive credits for HLTH 23400 or PHED 23400, not both. (S,Y)

Attributes: HE1

4 Credits

**PHED 23500 Teaching Fitness in Physical Education (NLA)**

Introduces students to the teaching and assessment of fitness concepts to children in the K-12 school setting. Emphasis is placed on the practical application, teaching, and assessment of the components of physiological aspects of fitness to children. Topics include the contemporary goals of and background to fitness education, developmentally and instructionally appropriate principles for teaching and assessing fitness, the use of technology in the instruction and assessment of fitness, using various testing batteries, the reporting of fitness results, and the use of goal setting as a motivational tool for improving one's fitness. This course will allow students to become nationally certified as a physical best health-fitness specialist. Corequisites: Prior or concurrent enrollment in PHED 23400. (F-S, Y) 1 Credit

**PHED 25500 Philosophy and Principles of Coaching (NLA)**

The philosophy and principles of coaching young athletes. Emphasis is placed on development of a coaching philosophy through critical examination of issues relating to coaching. Coaching responsibilities, developmental characteristics of children and youth, and their implications for the conduct of athletic programs, instructional and administrative methods, effective design and conduct of practices, and enhancement of contest performance are also discussed. Prerequisites: Sophomore standing. (F-S,Y) 3 Credits

**PHED 25600 Health Sciences Applied to Coaching (NLA)**

The application of modern principles of the health sciences as they relate to youth coaching (up to 12th grade) including exercise physiology, kinesiology, sport psychology, and nutrition. Human growth and development, safety, first aid, training, and conditioning of youth athletes are covered. Prerequisite: PHED 25500 or concurrent enrollment. (F-S,Y) 3 Credits

**PHED 33000 Adapted Physical Education and Sport (NLA)**

Provides students with an understanding of individuals with disabilities. Students learn to adapt physical education activities to meet the abilities of an individual with special needs in order to provide a safe and successful learning experience. Topics addressed include, but are not limited to, philosophical approaches to teaching students with disabilities, legislation affecting the adapted physical education program, the process of identifying students with disabilities in the public school system, and development of the individual education plan. Laboratory experiences include working weekly with students with disabilities in an aquatics program. Prerequisites: PHED 21200. Corequisites: PHED 33200 or PHED 33300. (F-S,Y) 3 Credits

**PHED 33200 Curriculum and Methods in Elementary School Physical Education (NLA)**

Provides students with practical guidelines for the development and assessment of contemporary elementary physical education programs. Pedagogical skills and strategies for successful teaching as they pertain to the elementary school teaching situations are also emphasized. Developmentally appropriate physical education content using a movement framework (movement concepts and skill themes) serves as the basis for the course, which involves practicum teaching experiences in local elementary schools. Prerequisites: EDUC 21010; PHED 23000; junior or senior standing. (F,Y)

Attributes: TE

3 Credits

**PHED 33300 Curriculum and Methods in Secondary School Physical Education (NLA)**

Analysis of the program of physical education in secondary schools; criteria for the selection and grade placement of activities; consideration of methods and teaching techniques; and problems relating to program planning, time allotment, administration of facilities, and program evaluation. Observation and teaching of secondary physical education classes in the Ithaca school system, as well as micro-peer teaching on campus. Prerequisites: Junior or senior standing; EDUC 21010. (S,Y) Attributes: TE 3 Credits

**PHED 34900 Fieldwork in Physical Education (NLA)**

Practical experience in public, voluntary, or commercial agencies or businesses providing various types of physical education, sports-related activities, or services. Prerequisites: Major or minor in the Department of Health Promotion and Physical Education or the Department of Exercise and Sport Sciences; junior standing or above; permission of department chair. (F-S,Y) Attributes: TE 1-6 Credits

**PHED 37400 Coaching Seminar-Field Hockey (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar. (F-S,Y) 2 Credits

**PHED 37600 Coaching SeminarSwimming (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar. (F-S,Y) 2 Credits

**PHED 38500 Coaching Seminar - Track & Field (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar. (F-S,Y) 2 Credits

**PHED 38600 Coaching Seminar-Soccer (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar. (F-S,Y) 2 Credits

**PHED 38700 Coaching Seminar-Wrestling (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)  
2 Credits

**PHED 38800 Coaching Seminar-Lacrosse (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)  
2 Credits

**PHED 39900-39903 Selected Topics in Physical Education (LA)**

Topics of current interest to faculty and students. Experimental courses are offered under this course number and title. This course may be repeated for credit for different selected topics. Prerequisites: As appropriate to topics. (IRR)

Attributes: NLA  
1-3 Credits

**PHED 42000-42003 Independent Study in Sport Skills (NLA)**

Prerequisites: Major or minor in Department of Health Promotion and Physical Education; PHED 33200 or PHED 33300; permission of department chair. 0.5-(F-S,Y)

0.5-1 Credits

**PHED 43900 Assessment in Physical Education (NLA)**

Prepares students to assess student learning in a K-12 physical education setting. Through a combination of lectures, labs, discussions, and field-based activities, opportunities are provided to understand and apply current educational testing and evaluation procedures. Course content includes study of the criteria for selection of tests, application of statistical procedures, construction and analysis of assessment tools, procedures for classification and grading of students, and program assessment techniques. Credit will not be given for both this course and HLTH43900. Prerequisites: PHED 33200, PHED 33300, or HLTH 36000.

(F,Y)  
Attributes: TE  
3 Credits

**PHED 44000 Organization and Administration of Physical Education (NLA)**

Policies and procedures in the organization and administration of physical education and athletics in the public school setting. Directed discussions and investigation of the nature and scope of administrative responsibilities in programs of physical education and athletics.

Prerequisites: PHED 33200 or PHED 33300, or permission of instructor. (F,Y)  
Attributes: UND  
3 Credits

**PHED 44100 Student Teaching in Physical Education (NLA)**

Observation and supervised student teaching. Assignment to approved, cooperating schools full-time for one semester in the senior year.

Experience in classroom observation, participation, teaching, coaching, and intramural and noon-hour supervision. Individual conferences with Ithaca College coordinators of field experiences. Required of all students preparing to teach physical education in elementary or secondary school. Prerequisites: Current American Red Cross CPR and first-aid card; EDUC 21010; PHED 33200; PHED 33300; EDUC 34000. (F-S,Y)

Attributes: TE, UND  
10 Credits

**PHED 44500 Student Teaching in Physical Education (dual major) (NLA)**

Observation and supervised student teaching. Assignment to approved, public schools full-time for a half semester in the senior year. Experience in structured observation, classroom assisting, and direct instruction; additional experience in planning, conferencing, and related school duties outside regular class periods. Individual conferences are held with Ithaca College supervisors of field experiences. Required of all dual health education and physical education majors. Prerequisites: Current American Red Cross CPR and first-aid card; EDUC 21010; PHED 33200; PHED 33300; EDUC 34000. (F-S,Y)

Attributes: TE  
5 Credits

**PHED 44800 Professional Seminar (NLA)**

A field course to be taken in conjunction with PHED 44100 Student Teaching in Physical Education. Examines current trends and developments in teaching and extracurricular activities, as well as situations identified in student teaching. Special interest speakers. (F-S,Y)

Attributes: CP, TE  
2 Credits

**PHED 45000-45003 Independent Study in Physical Education (LA)**

Individual study program for investigation of special problems in the field of physical education. Written report required. Prerequisites: Permission of instructor and department chair. (F-S,Y)

Attributes: TE  
1-3 Credits

**PHED 46000 Internship in Physical Education (NLA)**

Supervised work experience in a sports-related service agency or business during the summer or the regular academic year. Prerequisites: Minimum 2.50 cumulative GPA; junior standing or above; current American Red Cross CPR and first aid card; permission of the instructor and department chair. 6-(F-S,Sum,Y)

6-12 Credits

**PHED 47400 Coaching Seminar-Volleyball (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)  
2 Credits

**PHED 47500 Coaching Seminar-Gymnastics (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)

2 Credits

**PHED 47700 Coaching Seminar-Softball**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)

2 Credits

**PHED 48400 Coaching Seminar-Football (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

This course is repeatable up to four credits. (F-S,Y)

2 Credits

**PHED 48500 Coaching Seminar - Men's Basketball (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)

2 Credits

**PHED 48800 Coaching Seminar-Baseball (NLA)**

Provide an in-depth understanding of strategies, specific to each sport. Students in these seminars will work with experienced coaches to learn the skills necessary to provide guidance, leadership, and inspiration in the development of athletes and teams. It is recommended that you have some experience as a player, or with the sport specific to each seminar.

(F-S,Y)

2 Credits