PHE 0510. Contemporary Topics in Wellness: Nutrition, Obesity, and the BMI Connection. 6.8 Hours.
Covers the best practices to segue from health information to application regarding these current topics as well as other related issues. Examines strategies for analyzing the effectiveness of current programs along with the most successful tools for achieving optimal outcomes. Designed to provide new and innovative instructional strategies and interactive activities to use with adolescents and adults.

PHE 0901. Including Students with Disabling Conditions in the Physical Education Program. 6.8 Hours.
Focuses on adapting physical education to the needs of children who require physical, intellectual, emotional, and sensory adaptations and modifications to be active and physically fit, to feel empowered, and to feel valued. Adapted physical education ensures that an individual who is differently-abled has access to programs designed to develop physical and motor fitness; fundamental motor skills and patterns; and skills in aquatics, dance, and individual and group games and sports so that the individual can ultimately participate in all recreational sports activities.

PHE 0902. Moving Toward Wellness. 6.8 Hours.
Offers ways to initiate a progressive, programmatic shift toward the “wellness model approach” of contemporary health and wellness activities. Traditional school programs in health and physical education are being challenged to design and structure curricular offerings and instruction to better meet the health and wellness needs of students. Explores the future directions of “quality” health and physical education programs and examines wellness programming. Involves students with activities such as tai chi, wellness in athletics, and nutrition and wellness. Focuses on contemporary health and wellness initiatives currently being implemented.

PHE 0903. Living Well—Teaching Well. 6.8 Hours.
Offers students an opportunity to develop a theoretical understanding of the holistic nature of stress and to begin to identify specific stressors in their lives. Examines the connection between stress and disease. Activities are designed to help students to set high-level wellness goals and explore safe practices for becoming more resilient to the harmful effects of everyday stress.

PHE 0904. Updating Your Health, Wellness, and Physical Education Program. 6.8 Hours.
Examines and utilizes the influences of conceptual practices, technology, and assessment models in developing a fresh, rejuvenated approach to health and wellness instructional programs. Program practices and curricular offerings in health, wellness, and physical education must be updated regularly to meet the contemporary needs of all students in the community. National and state standards and strands are examined, cross-referenced, and put into perspective prior to developing a curriculum by grade level.

PHE 0905. Implementing Technology into Your Physical Education Program. 6.8 Hours.
Offers students an opportunity to explore knowledge and skills relative to many different hardware and software solutions that pertain to “new” physical education program initiatives. Developing the ability to understand and apply technology within health and wellness curricula requires an upgrade of perspectives and skills in this area. Consequently, this course takes a hands-on approach so teachers have an opportunity to implement immediately the use of technology in their day-to-day teaching.

PHE 0906. Strategies for Building Movement into the Elementary Physical Education Program. 6.8 Hours.
Explores hands-on activities to facilitate movement education, rhythm and dance, sports concepts, and cooperative activities useful in curriculum implementation. Utilizing the “Skill, Theme, and Movement Concepts Approach,” offers participants an opportunity to teach their students the language of movement and not just the movement itself.

PHE 0908. Adapted Games, Activities, and Strategies for Inclusive Physical Education Programs. 6.8 Hours.
Designed to provide teachers with practical adaptive physical education strategies and techniques that can be generalized into their school program. The course is activity based and offers teachers an opportunity to create a resource manual of games and activities specifically designed to meet the needs of their students.

PHE 5976. Directed Study. 1-4 Hours.
Offers independent work under the direction of members of the department on a chosen topic.

PHE 5978. Independent Study. 1-4 Hours.
Offers independent work under the direction of members of the department on a chosen topic.

PHE 5984. Research. 1-4 Hours.
Offers students an opportunity to conduct research under faculty supervision.

PHE 6501. Including Students with Disabling Conditions in the Physical Education Program. 4 Hours.
Focuses on adapting physical education to the needs of children who require physical, intellectual, emotional, and sensory adaptations and modifications to be active and physically fit, to feel empowered, and to feel valued. Adapted physical education ensures that an individual who is differently-abled has access to programs designed to develop physical and motor fitness; fundamental motor skills and patterns; and skills in aquatics, dance, and individual and group games and sports so that the individual can ultimately participate in all recreational sports activities.

PHE 6502. Moving Toward Wellness. 4 Hours.
Offers ways to initiate a progressive, programmatic shift toward the “wellness model approach” of contemporary health and wellness activities. Traditional school programs in health and physical education are being challenged to design and structure curricular offerings and instruction to better meet the health and wellness needs of students. Explores the future directions of “quality” health and physical education programs and examines wellness programming. Involves students with activities such as tai chi, wellness in athletics, and nutrition and wellness. Focuses on contemporary health and wellness initiatives currently being implemented.

PHE 6503. Living Well—Teaching Well. 4 Hours.
Offers students an opportunity to develop a theoretical understanding of the holistic nature of stress and to begin to identify specific stressors in their lives. Examines the connection between stress and disease. Activities are designed to help students to set high-level wellness goals and explore safe practices for becoming more resilient to the harmful effects of everyday stress.
PHE 6504. Updating Your Health, Wellness, and Physical Education Program. 4 Hours.
Examines and utilizes the influences of conceptual practices, technology, and assessment models in developing a fresh, rejuvenated approach to health and wellness instructional programs. Program practices and curricular offerings in health, wellness, and physical education must be updated regularly to meet the contemporary needs of all students in the community. National and state standards and strands are examined, cross-referenced, and put into perspective prior to developing a curriculum by grade level.

PHE 6505. Implementing Technology into Your Physical Education Program. 4 Hours.
Offers students an opportunity to explore knowledge and skills relative to many different hardware and software solutions that pertain to “new” physical education program initiatives. Developing the ability to understand and apply technology within health and wellness curricula requires an upgrade of perspectives and skills in this area. Consequently, this course takes a hands-on approach so teachers have an opportunity to implement immediately the use of technology in their day-to-day teaching.

PHE 6506. Strategies for Building Movement into the Elementary Physical Education Program. 4 Hours.
Explores hands-on activities to facilitate movement education, rhythm and dance, sports concepts, and cooperative activities useful in curriculum implementation. Utilizing “The Skill, Theme, and Movement Concepts Approach,” offers participants an opportunity to teach their students the language of movement and not just the movement itself.

PHE 6507. Moving Toward Wellness: Applications and Practices. 4 Hours.
Explores professional development at the secondary level that gets to the heart of the instructional process through “hands-on activities” and “personal skill development” in a variety of curricular experiences. Designed to initiate a progressive, programmatic shift toward the “wellness model approach” of contemporary health and wellness activities for teachers and students in grades 6–12.

PHE 6508. Adapted Games, Activities, and Strategies for Inclusive Physical Education Programs. 4 Hours.
Designed to provide teachers with practical adaptive physical education strategies and techniques that can be generalized into their school program. The course is activity based and offers teachers an opportunity to create a resource manual of games and activities specifically designed to meet the needs of their students.

PHE 6510. Contemporary Topics in Wellness: Nutrition, Obesity, and the BMI Connection. 4 Hours.
Covers the best practices to segue from health information to application regarding these current topics as well as other related issues. Examines strategies for analyzing the effectiveness of current programs along with the most successful tools for achieving optimal outcomes. Designed to provide new and innovative instructional strategies and interactive activities to use with adolescents and adults.

PHE 6961. Internship. 1-4 Hours.
Provides students with an opportunity for internship work. May be repeated without limit.

PHE 6962. Elective. 1-4 Hours.
Offers elective credit for courses taken at other academic institutions. May be repeated without limit.

PHE 6964. Co-op. 0 Hours.
Provides eligible students with an opportunity for work experience.

PHE 6966. Practicum. 1-4 Hours.
Provides eligible students with an opportunity for practical experience.

PHE 6970. Seminar. 1-4 Hours.
Offers an in-depth study of selected topics.

PHE 6980. Capstone. 1-4 Hours.
Offers students an opportunity to integrate their course work, knowledge, and experiences into a capstone project.

PHE 6983. Topics. 1-4 Hours.
Covers special topics in physical education. May be repeated without limit.

PHE 6995. Project. 1-4 Hours.
Focuses on in-depth project in which a student conducts research or produces a product related to the student’s major field. May be repeated without limit.