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