

UNDERGRADUATE COURSES OF STUDY

PHYSICAL EDUCATION - TEACHER EDUCATION

The following courses are required of all physical education majors and exercise science majors:

- 1 (100-level) PETE 144
- 2 (100-level) Sport/Fitness

One of the above 100-level courses can be satisfied in PETE 176.

I. FOUNDATIONS

II. AQUATICS

PETE 111.BEGINNING SWIMMING

Designed to teach the elements of good swimming, including sound stroke mechanics for the front crawl, back crawl, and elementary backstroke. Basic water safety skills and knowledge to make a person reasonably safe while in, on, or around the water are also taught. Performance tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

PETE 112.INTERMEDIATE/ADVANCED SWIMMING

Designed to increase swimming efficiency by improving swimming ability for the front crawl, back crawl, and elementary backstroke as well as focusing on sound stroke mechanics for the side stroke and breaststroke. Swimming as a fitness activity will be covered. Students should be able to demonstrate basic swimming ability prior to enrollment. Performance tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

III. INDIVIDUAL SPORTS

PETE 121.BEGINNING TENNIS

Basic skills, strategy, etiquette, scoring, and rules to tennis will be taught. Skill tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

PETE 123.BADMINTON

Basic skills, strategy, etiquette, scoring, and rules of badminton will be taught. Class tournaments will be conducted. Skill tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

PETE 126.GOLF

A course designed to provide a level of golf instruction which meets the individual student's needs. Instruction, participation at a driving range and golf course (student's expense), and skill and written tests will be employed. *One credit hour.*

PETE 130.RACQUETBALL

The course will focus on rules, regulations, basic shots, game strategy, and skill development in the sport of racquetball. Class participation is required. Skill tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

IV. TEAM SPORTS

PETE 134.SOCCER

Skills, strategy, and rules are taught for this fast-growing sport. Five-man soccer as well as eleven-man soccer is explained and played. Skill tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

PETE 137.VOLLEYBALL

Skills, strategy, and rules are emphasized in this course. Skill tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

PETE 139.BASKETBALL

Skills, strategy, and rules are emphasized in this course. Skill tests and knowledge tests are used to evaluate the student's progress. *One credit hour.*

PETE 145.ULTIMATE FRISBEE

This course covers the various skills needed to play the game of Ultimate Frisbee safely and independently. Positions, throws, catches and offensive and defensive strategies are learned and built upon until the student is competent to play in a game situation. The “spirit of the game”, unique to Ultimate Frisbee, is stressed as well as the concept of Ultimate Frisbee as a lifetime healthy activity to be enjoyed by all. Skill tests and knowledge tests are used to evaluate the student’s progress. *One credit hour.*

V. PHYSICAL FITNESS

PETE 142.CARDIO YOGA

This course combines aerobic exercise with yoga. Assignments include developing an aerobic exercise training program and learning proper positions and form for a variety of yoga poses that will improve balance, coordination, agility, flexibility, and muscular endurance. *One credit hour.*

PETE 143.WALK/JOG AEROBICS

Introduction to contemporary concepts of cardiovascular conditioning. Emphasis will be placed on the value of walking and jogging as aerobic conditioning exercises. Personalized walk/jog programs will be developed. Performance tests and knowledge tests are used to evaluate the student’s progress. *One credit hour.*

PETE 144.BEGINNING WEIGHT TRAINING

The various aspects of weight training are introduced and individualized programs are implemented based on physiological principles. Performance tests and knowledge tests are used to evaluate the student’s progress. *One credit hour.*

PETE 146.DANCE AEROBICS

The use of dance as a method of cardio-respiratory conditioning. Emphasis on improving flexibility, balance, strength, and control. Performance tests and knowledge tests are used to evaluate the student’s progress. *One credit hour.*

VI. CORE COURSES

PETE 176.WELLNESS FOR LIFE ACTIVITY

The course is designed to provide the student with an opportunity to engage in active participation of healthy lifetime activities. This course may be taken for one additional credit with a change in activity. Physical Education and Exercise Science majors must earn a “C” or better. *One credit hour.*

PETE 204.TEACHING TEAM SPORTS

Students learn to determine appropriate development of content according to game stages in a variety of team sports for different age levels and abilities, to identify tactical content in team sports and implement game strategies. Students will develop a minimal level of competency in a variety of team sports. Two hours lecture, one hour laboratory weekly. Prerequisites: EXSC 175 and PETE 226. Co-requisite: PETE 222. *Two credit hours.*

PETE 206.TEACHING INDIVIDUAL AND DUAL SPORTS

Students learn to determine appropriate development of content according to game stages in a variety of individual and dual sports for different age levels and abilities, to identify tactical content in individual and dual sports and implement game strategies. Students will develop a minimal level of competency in a variety of individual and dual sports. Two hours lecture, one hour laboratory weekly. Prerequisite: PETE 204. Co-requisite: PETE 318. *Two credit hours.*

PETE 222.EDUCATIONAL GAMES

Students learn to determine appropriate development of content according to stages in educational games for different age levels and abilities, to identify the technical and tactical content in educational games, to increase their ability to observe and analyze both skilled and unskilled movement in educational games, and to develop content appropriately in a teaching situation as evidenced through written lesson plans pertaining to educational games. Two hours lecture, one hour laboratory weekly. Prerequisite: PETE 226. *Two credit hours.*

PETE 223.EDUCATIONAL GYMNASTICS

Students learn to develop individual skills using themes (BSER model – body, space, effort, relationship) of educational gymnastics to implement floor exercise routines and acquire a working knowledge of educational gymnastics as they develop gymnastic unit plans and lesson plans for the K-12 curriculum. Two hours lecture, one hour laboratory weekly. Co-requisite: PETE 226. *Two credit hours.*

PETE 224.EDUCATIONAL DANCE

Students learn to develop skillful movement patterns consistent with a designed theme and become competent in a variety of dances (i.e., creative, folk, line, and ballroom) which meet the goals and objectives of the South Carolina Frameworks for Dance Education. Laban's movement concepts will be integrated throughout, and units of instruction will be developed for the K-12 Two hours lecture, one hour laboratory weekly. Prerequisite: PETE 226 or approval of instructor. *Two credit hours.*

PETE 226.MOTOR DEVELOPMENT

This course enhances the pre-service teacher's knowledge of the growth and motor behavior of children from conception through adolescence. It is a study of childhood growth and maturation as they relate to motor learning and motor skill acquisition. Two hours lecture, two hours laboratory weekly. Co-requisite: PETE 223. *Three credit hours.*

PETE 228.MOTOR LEARNING

Principles of the cognitive, sensory, and motor processes, which underlie the learning of motor skills commonly included in the physical education curricula, are addressed and applied to the instruction of motor skills. Prerequisite: PETE 226 or approval by instructor. *Three credit hours.*

PETE 290.PRACTICUM IN PHYSICAL EDUCATION

Intended to give students practical experience in teaching physical education. Students will be required to be available two (2) hours a week to work under direct faculty supervision. Students will assist in teaching 100-level physical education classes only. May be taken for additional credit for up to a maximum of three hours. Restricted to Physical Education-Teacher Education and Exercise Science majors. *One credit hour credit per semester.*

PETE 305.MEASUREMENT AND EVALUATION

This course introduces the concepts and statistics related to assessing student performance and evaluating knowledge acquisition. It is designed to present current theory and practice in testing/assessment procedures and to provide the teacher candidate with the necessary skills to integrate a variety of assessment strategies for student performance and program accountability in grades K-12. Teacher candidates will gain working knowledge with the South Carolina Physical Education Assessment Program (SCPEAP). Prerequisite: "C" or better in PETE 318. *Three credit hours.*

PETE 318.INSTRUCTIONAL ASPECTS OF PHYSICAL EDUCATION

Students explore and learn to apply instructional methods in physical education settings, including environmental arrangements, task presentations, content development, and feedback. Students apply instructional principles to small peer group settings using open and closed motor skills. Requirements for each teaching episode include the development of a written lesson plan and submission of a written self-reflection on teaching. Students use technological skills to critique and evaluate their instructional methods. Prerequisite: PETE 226. *Three credit hours.*

PETE 320.TEACHING METHODS FOR ELEMENTARY PHYSICAL EDUCATION

Basic skills, games and rhythmic activities of children in grades pre K through 5 will be explored. Emphasis will be placed on how children move and on learning appropriate teaching techniques and physical education content for this age group. Prerequisites: "C" or better in PETE 226 and acceptance into the Teacher Education Program. *Three credit hours.*

PETE 329.FIELD EXPERIENCE II

The majority of the course is conducted in an elementary physical education setting and provides opportunities to observe in both the classroom and gymnasium. In a 50-hour clinical, students plan for, teach and evaluate physical education lessons on a regular basis. Students use technological skills to critique and evaluate their instructional methods. Prerequisites: "C" or better in PETE 318 and acceptance into the Teacher Education Program. Co-requisite: PETE 320. *One credit hour.*

PETE 420.PHYSICAL EDUCATION FOR SPECIAL POPULATIONS

A study of physical education and rehabilitation programming for special populations. Emphasis placed on curriculum/program development and implementation in physical education for individuals with special needs, specifically gross and fine motor coordination skills and fitness activities. Two hours lecture, two hours laboratory weekly. Prerequisites: PETE 226 and PETE 318; admission to Teacher Education Program; or instructor permission. *Three credit hours.*

PETE 422.SECONDARY METHODS OF INSTRUCTION

Students further develop instructional skills in the planning and teaching of psychomotor, cognitive and affective learning in large group settings, with emphasis on intermediate and advanced learners in team and individual sports, dance and fitness activities. Prerequisites: "C" or better in PETE 320 and PETE 329; admission to Teacher Education Program. *Three credit hours.*

PETE 429.FIELD EXPERIENCES III

This clinical experience is designed to further immerse teacher candidates into the secondary physical education setting. Teacher candidates plan for, teach and evaluate physical education lessons using a variety of strategies for meeting the needs to diverse learners. Students use technological skills to critique and evaluate their instructional methods. Prerequisites: "C" or better in PETE 320 and PETE 329. Formal admission to Teacher Education Program. Co-requisite: PETE 422. *One credit hour.*

PETE 451.PROGRAMMATIC CONCERNS IN TEACHING PHYSICAL EDUCATION

This course provides the student with the knowledge, skills, and resources to develop a philosophical position and curricular materials consistent with that position and with the state and national guidelines. Units of instruction (elementary and secondary) are developed showing evidence of the integration of both state and national standards. The pre-service teacher is apprised of current South Carolina requirements of physical education relative to assessment and evaluation protocols. Students also gain an understanding and working knowledge of ADEPT (Assisting, developing, and evaluating professional teaching) procedures, the evaluation process used during the student teaching experience. Students are encouraged to implement their secondary unit of instruction in PETE 422. Co-requisite: PETE 422. Prerequisites: "C" or better in PETE 320 and PETE 329 and admission to Teacher Education Program. *Three credit hours.*

PETE 461.CLINICAL PRACTICE

Observation, participation, and supervised teaching in public schools. Prerequisite: Formal admission to Teacher Education Program. *Eleven credit hours.*