

2009

## Physical Education/Major (PEMJ)

Montclair State University

## Physical Education/Major

	Special Fee	Special fee.
	Number and type of credits	1.5 hours other.
	Course Description	The student is provided with information pertaining to basic techniques, safety, etiquette, and equipment relevant to his level of skiing. Instruction will be given on the slope for five weeks along with additional information to be given on campus. An additional fee is required for lift tickets and rental equipment. Meets Gen Ed 2002 - Physical Education.
PEGN271	Title	Social Dance.
	Number and type of credits	1.5 hours other.
	Course Description	The course covers the traditional ballroom dances as well as current popular styles and routines. Meets Gen Ed 2002 - Physical Education.
PEGN272	Title	Bowling.
	Number and type of credits	1.5 hours other.
	Course Description	Adequately prepare and develop the student with a background of the necessary skills essential to performing and understanding the art of bowling. Meets Gen Ed 2002 - Physical Education.
PEGN275	Title	Beginning Karate.
	Number and type of credits	1.5 hours other.
	Course Description	Skills and development of personal ability in performance of the activity. Meets Gen Ed 2002 - Physical Education.
PEGN278	Title	Yoga.
	Number and type of credits	1.5 hours other.
	Course Description	Instruction will be given in how to perform yoga postures, plus the techniques of breathing, relaxation, awareness, and concentration with their proper progression. The historical and psychological factors involved in the development of yoga, and its increasingly widespread appeal physically and philosophically will be dealt with. Meets Gen Ed 2002 - Physical Education.
PEGN279	Title	Climbing and Rappelling.
	Course Description	Based on Adventure Education principles of experiential learning. In learning to climb, students will acquire skills in: communication, problem solving, trust development, promoting self-esteem, decision making, and leadership. Meets Gen Ed 2002 - Physical Education.
PEMJ111	Title	Lifeguard Training.
	Prerequisites	Must meet current American Red Cross requirements.

	Course Description	This course is concerned with developing individual skill and confidence in the execution of lifesaving and water safety skill. Open to men and women.
PEMJ112	Title	Water Safety Instruction/Lifeguard Training Instruction.
	Prerequisites	Must meet current American Red Cross requirements.
	Course Description	This course follows the standards and procedures for certification by the American Red Cross as currently revised, 1989.
PEMJ117	Title	Aquatics and Outdoor Education.
	Prerequisites	Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO) or departmental approval.
	Number and type of credits	3.0 credits other.
	Course Description	This course provides an overview of the theory, instruction and performance in
PEMJ117	Course Description	the fundamentals of aquatics and selected outdoor education skills.
PEMJ131	Title	Fitness Activities.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM), Exercise Science (ESCI) majors only or departmental approval.
	Number and type of credits	1 hour lecture, 3 hours lab.
	Course Description	A comprehensive course to provide the student with knowledge needed for developmental programming of personalized fitness activities utilizing all modes of fitness training.
PEMJ135	Title	Sports Module I: Football, Basketball, Team Handball.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education with approval.
	Course Description	This course provides an overview of the theory, instruction and performance in the fundamentals of football, basketball and team handball.
PEMJ136	Title	Sports Module II: Soccer, Speedball, Volleyball.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO),

	Number and type of credits	Physical Education (PEBM) majors only or departmental approval.
	Course Description	3.0 credits other. This course provides an overview of the theory, instruction and performance in the fundamentals of soccer, speedball and volleyball.
PEMJ137	Title	Sports Module III: Softball, Lacrosse, and Hockey.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	3.0 credits other.
	Course Description	This course provides an overview of the theory, instruction and performance in the fundamentals of softball, lacrosse, and hockey.
PEMJ138	Title	Sports Module IV: Tennis, Badminton, and Fencing.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	3.0 credits other.
	Course Description	This course provides an overview of the theory, instruction and performance in the fundamentals of tennis, badminton, and fencing.
PEMJ139	Title	Sports Module V: Archery, Golf, and Track & Field.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	3.0 credits other.
	Course Description	This course provides an overview of the theory, instruction and performance in the fundamentals of archery, golf, and track & field.
PEMJ145	Title	Dance in the Schools.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	3.0 credits other.

PEMJ145	Course Description	This course provides an overview of the theory, instruction and performance in the fundamentals of folk, square, and social dance forms.
PEMJ152	Title	Introduction to Fielding and Target Games.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	1.25 hours lecture, 2.25 hours lab.
	Course Description	This course provides an overview of the history, theory, pedagogical strategies, performance and assessment of fielding and target games such as baseball and archery. Student have opportunities to perform in fielding and target games and to develop basic knowledge of skills, pedagogical strategies, officiating techniques, tournament knowledge, and skill assessment in those types of games. Students will be prepared to develop, implement and assess units of activities in these types of games. As part of the course they develop a comprehensive sport portfolio. Open only to physical education majors.
PEMJ153	Title	Introduction to Invasion and Net Games.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	1.25 hours lecture, 2.25 hours lab.
	Course Description	This course provides an overview of the history, theory, pedagogical strategies, performance, and assessment of invasion and net games such as basketball and tennis. Students have opportunities to perform in invasion and net games and to develop basic knowledge of skills, pedagogical strategies, officiating techniques, tournament knowledge, and skill assessment in those types of games. Students will be prepared to develop, implement and assess units of activities in these types of games. As part of the course they will develop a comprehensive sport portfolio. Open only to physical education majors.

PEMJ200	Title	Human Motor Development.
	Prerequisites	BIOL 110 and Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	1 hour lecture.
	Course Description	This class provides students with an overview of changes to human motor skill that occur over the lifespan, with a focus on the development of fundamental motor patterns and skills that are relevant to school-aged children. Students also study concurrent changes that interact with motor development, such as cognitive, social, and physical changes.
PEMJ226	Title	Coaching Principles and Problems.
	Prerequisites	Starting Winter 2016: HPEM 199 or GNED 199 or ENWR 105 or HONP 100.
	Number and type of credits	3 hours lecture.
	Course Description	This course is designed to present an overview of the principles and problems pertaining to coaching on the high school and college levels.
PEMJ227	Title	Social Problems in Sports.
	Prerequisites	Starting Winter 2016: HPEM 199 or GNED 199 or ENWR 105 or HONP 100.
	Number and type of credits	3 hours lecture.
	Course Description	This course is designed to analyze a number of important and controversial issues in sports in American society. Through the use of an issues-oriented approach, students will become aware of the relationship between sports in American society and social problems in a number of areas including economics,
PEMJ227	Course Description	education, ethics and politics. Meets Gen Ed 2002 - Social Science, Social Science.
PEMJ232	Title	Exercise Leadership.
	Prerequisites	PEMJ 131.
	Course Description	This course provides an introduction to exercise leadership concepts covering theories and techniques of the physiological bases of strength training/conditioning and aerobic fitness activities.
PEMJ235	Title	Movement Experiences in the Elementary School.
	Prerequisites	Physical Education (PEDU), Health and Physical Education (HLPE), Teaching

	Course Description	(TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM), majors only or departmental approval. A comprehensive activity course designed to present theory and practical application of movement experiences and non- sport activities in physical education in the elementary school.
PEMJ248	Title	Teaching Educational Gymnastics.
	Prerequisites	PEMJ 131; and Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	1.0 to 2.0 credit lab.
	Course Description	This course provides knowledge and understanding of the techniques of educational gymnastics in a physical education program in a school setting.
PEMJ320	Title	Physiology of Exercise.
	Prerequisites	BIOL 244 and BIOL 245 for Athletic Training (ATTR) and Exercise Science (ESCI) majors only. BIOL 110 and PEMJ 200 for Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Special Fee	Special fee.
	Number and type of credits	3.0 hours lecture, 1.5 hours lab.
	Course Description	The physiological effects of physical activity upon the human organism. The reaction of exercises of speed, strength, and endurance upon the muscular and circulo-respiratory systems.
PEMJ321	Title	Kinesiology.
	Prerequisites	BIOL 244 and BIOL 245 for Athletic Training (ATTR) and Exercise Science (ESCI) majors only. BIOL 110 and PEMJ 200 for Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Special Fee	Special fee.

	Number and type of credits	3 hours lecture.
	Course Description	An overview of the integrated functioning of the skeletal, muscular, and nervous systems and the biomechanical principles governing efficient movement, in order to effectively analyze the performance of motor skills.
PEMJ324	Title	Basic Motor Learning.
	Prerequisites	BIOL 244 and BIOL 245 for Athletic Training (ATTR) and Exercise Science (ESCI) majors only. BIOL 110 and PEMJ 200 for Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Special Fee	Special fee.
PEMJ324	Number and type of credits	3 hours lecture.
	Course Description	This course provides students with knowledge of the theoretical basis of human learning and performance in motor activity.
PEMJ332	Title	Coaching Wrestling.
	Prerequisites	Departmental approval.
	Number and type of credits	2 hours lecture.
	Course Description	Techniques and methods of coaching wrestling. Emphasis on developing programs, mat tactics and strategy.
PEMJ335	Title	Teaching of Elementary Physical Education.
	Prerequisites	PEMJ 200; and Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	2 hours lecture, 1.5 hours lab.
	Course Description	An introduction to movement education, elementary physical education teaching methods and activities, and various techniques appropriate for teaching physical education at the elementary level. Topics include basic movement skills, manipulative and non-manipulative skills, lead-up games to team and individual and dual sport skills, and tumbling activities.
PEMJ340	Title	Fitness and the Aging Process.



	Prerequisites	PEMJ 320. Starting Winter 2016: PEMJ 320 or departmental approval.
	Number and type of credits	3 hours lecture.
	Course Description	The anatomic, physiologic and social changes experienced by the older adult as he/she ages. The students will learn the bases for selection of appropriate activities and techniques for communicating with this specialized population. Field experiences involving older adults in fitness settings will be included in this course.
PEMJ351	Title	Adapted Physical Education.
	Prerequisites	PEMJ 200; and Physical Education (PEDU), Health and Physical Education (HLPE), Teaching (TEPE/TEPH/TPED/TPHH), Physical Science (PHED), Physical Education w/ conc: Phys Actvty in Ed Setting (PHAE), Physical Education w/ conc: Coaching (PHCO), Physical Education (PEBM) majors only or departmental approval.
	Number and type of credits	3 hours lecture.
	Course Description	This is a lecture and practicum course covering the introductory techniques for conducting a physical education program to meet the needs of the developmentally disabled. Each student is required to spend a minimum of 15 hours of laboratory experience in schools, agencies, and/or institutions.
PEMJ353	Title	Psychology of Sport.
	Prerequisites	Junior standing. PEMJ 200 or EXSC 231 or ATTR 201 or departmental approval.
	Number and type of credits	3 hours lecture.
	Course Description	Psychology related to physical activity on emotional, attitudinal and personality aspects, motivation, cultural and sociological problems of athletes, spectator response and department.
PEMJ381	Title	Cooperative Education in Physical Education.
	Prerequisites	Departmental permission.
	Special Fee	Special fee.
	Course Description	Integrates academic study with supervised employment outside the formal classroom environment. The co-op term is a semester off-campus during which a student, while supervised by a department faculty coordinator is responsible for completing the terms of a predetermined learning contract. Available to students not completing the student-teacher sequence only.
PEMJ399	Title	Independent Study in Physical Education.
	Prerequisites	Departmental permission.
	Course Description	Provides an opportunity to pursue independent study in one of the specialized

areas of physical education. With department approval, may be repeated

PEMJ399	Course Description	without limit as long as the topic is different.
PEMJ444	Title	Seminar in Physical Education.
	Prerequisites	SASE 305 or EDFD 305 or READ 305; and SASE 312 or EDFD 312 or READ 312; and Physical Science (PHED) majors only.
	Corequisites	SASE 452 and SASE 453 and SASE 414.
	Number and type of credits	1 hour seminar.
	Course Description	This course permits physical education student teachers an opportunity to discuss and evaluate the experiences they have in a physical education setting while student teaching.
PEMJ447	Title	Advanced Coaching Techniques.
	Prerequisites	PEMJ 324 and PEMJ 320.
	Number and type of credits	3 hours lecture.
	Course Description	Advanced methods for assessing and improving athletes' performances. Includes principles of coaching, talent development, the organization of practice, effective instruction for skill acquisition, biomechanical principles of performance and match analysis. Permits students to use advanced technological methods as well as practical, hands-on approaches in coaching.
PEMJ457	Title	Teaching of Secondary Physical Education.
	Prerequisites	PEMJ 335; acceptance to Teacher Education Program and departmental approval.
	Number and type of credits	2 hours lecture, 1.5 hours lab.
	Course Description	This course will prepare teacher candidates to teach physical education in secondary schools. The course is comprised of both on-campus learning activities and field-based practicum experiences. During the on-campus portion of the course students will engage in learning activities and complete assignments (including unit, block and lesson plans and assessment portfolio) necessary to teach physical education effectively in middle, and high school. This course requires candidates to acquire knowledge and teaching behaviors necessary to develop and effectively implement lesson plans for middle, and high school students. The three specific foci include (a) curriculum development and implementation, (b) teacher effectiveness, and (c) behavior management. Topics discussed in this course include curriculum content,

		effective teaching strategies, creating unit and lesson plans, styles of teaching, classroom management techniques, describing and analyzing student and teacher behaviors, and cooperative learning activities.
PEMJ492	Title	Selected Topics in Physical Education.
	Prerequisites	Departmental approval.
	Course Description	A theoretical and practical in-depth study in a current aspect of physical education. Topics will be determined prior to course offering and publicized. With department approval, may be repeated without limit as long as the topic is different.
PEMJ502	Title	Methods of Inquiry and Analysis.
	Number and type of credits	3 hours lecture.
	Course Description	An introduction to the theory and design of historical, descriptive and experimental methods of research in physical education, sport and exercise science. Descriptive and inferential statistics will be applied to various methods of inquiry, including qualitative and quantitative approaches to research.
PEMJ505	Title	Research Design.
	Prerequisites	PEMJ 502.
	Number and type of credits	3 hours seminar.
	Course Description	Provides for the examination of current research topics in physical education, sport, and exercise sciences. Each student will conduct an in-depth review and analysis of literature related to a specific research topic, and develop a formal research proposal.
PEMJ508	Title	Management and Supervision in Sport and Fitness.
PEMJ508	Number and type of credits	3 hours lecture.
	Course Description	In this course, students engage in an in-depth analysis of a variety of approaches used in the management and supervision of athletic and fitness programs in both public and private sectors. They examine administrative/manager functions for facility management, budgeting, personnel evaluation, technology-based scheduling, and fundraising.
PEMJ510	Title	Legal Aspects of Sport, Fitness and Physical Education.
	Number and type of credits	3 hours lecture.

	Course Description	In this course students examine current legal aspects impacting athletic administration, fitness, and physical education. Students study and apply concepts related to liability, risk management, gender equity, performance enhancing drugs, compliance to governing organizations, and code of conduct in sport, fitness and educational settings.
PEMJ512	Title Number and type of credits Course Description	Facility Management in Sport, Fitness and Physical Education. 3 hours lecture. In this course students examine management functions in the operation of a variety of sport, fitness and physical education facilities. They demonstrate the ability to apply appropriate methods for planning, designing, managing, and financing at educational institutions and private and public sport organizations. Furthermore, students explore concepts related to human resources, financial and risk management, programming and special event planning.
PEMJ514	Title Number and type of credits Course Description	Sport Marketing and Public Relations. 3 hours lecture. A course in the application of marketing principles and public relations strategies within the context of a sport setting. Analysis of consumer trends will be employed to enhance development, sales, and promotions of sports products. In addition, approaches to establishing and maintaining a positive public image will be examined, including communication through the media, partnerships with the local community and website construction.
PEMJ521	Title Number and type of credits Course Description	Technology Integration in Exercise Science and Physical Education. 3 hours lecture. This course provides the fundamentals of current technologies in the three following areas: (a) integrating technology in the classroom to introduce teachers to those aspects of educational technology that are designed to facilitate teaching and learning; (b) integrating technology in the fitness lab to introduce teachers and fitness specialists to computer-based health-management systems that allow for exercise evaluation, nutrition evaluation and health-risk assessments; and (c) using technology to manage the professional office including document processing, spreadsheet applications, database management, graphic construction, and communications.
PEMJ530	Title	Exercise for Special Populations.

	Prerequisites	BIOL 240, BIOL 241, PEMJ 320 and departmental approval.
	Number and type of credits	3 hours lecture.
	Course Description	In this course, students learn and apply principles of personalized fitness to individuals in special populations. Students examine responses to exercise and special considerations for individuals of varying age (children, older adults) and clinical conditions other than heart disease (arthritis, diabetes, dyslipidemia, hypertension, metabolic syndrome, obesity, osteoporosis, pregnancy, pulmonary disease). Furthermore, students demonstrate the ability to assess exercise capacity using modified protocols and develop safe and effective exercise programs for individuals with special needs.
PEMJ531	Title	Advanced Adapted Physical Education.
	Prerequisites	PEMJ 351 or departmental approval.
	Course Description	Students examine and discuss how psychosocial implications of disabilities
PEMJ531	Course Description	relate to the classroom, what appropriate program planning should be implemented to help all students be successful, and how to assess students with disabilities in all domains. Students also explore current issues related to adapted physical education, inclusive physical education, and disability sport. Furthermore, students participate in a practicum component where they work with people with disabilities in a school or agency setting.
PEMJ539	Title	Advanced Exercise Physiology.
	Prerequisites	An undergraduate course in Exercise Physiology.
	Special Fee	Special fee.
	Number and type of credits	3 hours lecture.
	Course Description	An advanced course in exercise physiology. Topics include muscular contraction; bioenergetics; energy expenditure; acid-base balance; gas exchange; and the cardiovascular, pulmonary, endocrine, and nervous system responses to acute exercise.
PEMJ540	Title	Applied Sport Physiology.
	Prerequisites	PEMJ 320 or departmental approval.
	Special Fee	Special fee.
	Number and type of credits	3 hours lecture.
	Course Description	Students learn and apply knowledge and skills necessary to design a

		comprehensive training program for athletes and active individuals, while taking into account variations in environment and dietary intake. Additionally, students study the physiological aspects of fatigue, practice techniques for assessment of human performance and body composition, and analyze the effects of ergogenic aids on athletic performance and health.
PEMJ541	Title	Aerobic Testing and Programming.
	Prerequisites	PEMJ 320 or departmental approval.
	Special Fee	Special fee.
	Number and type of credits	3 hours lecture.
	Course Description	In this course students learn and apply knowledge and skills necessary to carry out aerobic fitness testing and develop aerobic exercise programs for healthy and special populations. Students also become skilled in implementing comprehensive health appraisal protocols, minimizing legal liability associated with fitness testing and programming, and applying sociological theories to optimize adherence to the exercise program.
PEMJ542	Title	Applied Cardiac Rehabilitation.
	Prerequisites	An undergraduate course in exercise physiology.
	Special Fee	Special fee.
	Number and type of credits	3 hours lecture.
	Course Description	The course is designed to provide the student with current information regarding the application of scientific and programming principles of cardiac rehabilitation in a variety of settings. Students are also given the opportunity to work with actual cardiac rehabilitation patients in an appropriate hospital setting.
PEMJ543	Title	Theoretical Foundations for Strength and Conditioning.
	Prerequisites	PEMJ 320 or departmental approval.
	Special Fee	Special fee.
	Number and type of credits	3 hours lecture.
	Course Description	In this course, students critically examine the theoretical foundations for strength and conditioning training. Students develop proficiency in the assessment of anaerobic fitness, apply key factors and principles in the development of anaerobic programming, and discuss physiological adaptations to chronic training.
PEMJ544	Title	Administration of Specialized Exercise Programs.

	Number and type of credits	3 hours lecture.
	Course Description	This course provides information concerning principles of administration,
PEMJ544	Course Description	staffing, facilities, equipment, and finance to prepare the student to administer specialized exercise programs in a variety of settings.
PEMJ546	Title	Principles of Sports Conditioning.
	Number and type of credits	3 hours lecture.
	Course Description	A course in scientific principles of sports conditioning. Training principles and exercise programming will be applied for developing strength, speed, power, agility, endurance, and flexibility. Additional topics include sports nutrition, ergogenic aids, body composition, environmental considerations, fitness testing, overtraining, and sports conditioning management.
PEMJ547	Title	Advanced Coaching Techniques.
	Number and type of credits	3 hours lecture.
	Course Description	This course is designed to present practitioners with several advanced methods for improving sports and motor performance. Topics include principles of coaching, talent development, the organization of practice, effective instruction for skill acquisition, biomechanical principles of performance, and match analysis. The course provides students with the opportunity to use advanced technological methods as well as practical, hands-on approaches that they can use in their professions.
PEMJ548	Title	Practicum in Individualized Exercise Programs.
	Prerequisites	Completion of required courses within area of specialization in exercise sciences (12 s.h.) or permission of instructor.
	Course Description	This course provides the student the opportunity for practical experience in the application of individualized exercise prescriptions for asymptomatic and/or symptomatic individuals in a variety of nonschool settings.
PEMJ552	Title	Seminar in Current Challenges in Athletics.
	Number and type of credits	3 hours seminar.
	Course Description	In this course students learn and apply knowledge and skills to successfully navigate current challenges in athletics as a coach or athletic administrator. Students explore a variety of topics including, but not limited to, the role of athletics in education and the larger community, administration of facility

		scheduling and personnel matters, effective management of issues concerning diversity, student athlete behavior, performance enhancing drugs, and sports medicine.
PEMJ554	Title	Orientation to Sports Medicine.
	Number and type of credits	3 hours lecture.
	Course Description	Students investigate issues related to prevention and basic care of selected injuries and sudden illness in athletes. They also receive training in emergency cardiovascular care including cardiopulmonary resuscitation, first aid, and use of an automated external defibrillation device and will be eligible for certification. By the end of the course students demonstrate ability to apply strategies for minimizing injury risk of athletes in a sport setting.
PEMJ557	Title	Motor Behavior in Youth.
	Number and type of credits	3 hours lecture.
	Course Description	In this course, students learn about the developmental changes in human motor skill that occur from early childhood to adulthood. Students focus attention on the motor development of school-aged children, and the way in which teaching and coaching methods must be tailored to each developmental period.
PEMJ558	Title	Teaching of Secondary Physical Education.
	Prerequisites	PEMJ 335 and acceptance to the Graduate School.
	Number and type of credits	2 hours lecture, 1.5 hours lab.
	Course Description	Teaching Secondary Physical Education is a comprehensive methods course that prepares teacher candidates to teach physical education in secondary schools. Students engage in both on-campus learning activities and field-based practicum experiences. The course focuses on (a) curriculum development and
PEMJ558	Course Description	implementation, (b) teacher effectiveness, and (c) behavior management. Topics addressed include curriculum content, effective teaching strategies, creating unit and lesson plans, styles of teaching, classroom management techniques, describing and analyzing student and teacher behaviors, and cooperative learning activities. Students create unit, block, and lesson plans and an assessment portfolio for physical education in middle and high school.



PEMJ559	Title Number and type of credits Course Description	Applied Sport Psychology. 3 hours lecture. This course provides an in-depth analysis of the theories and techniques of sport psychology. Student will learn how to apply these skills to the teaching and coaching situations in order to optimize the performance of students and athletes.
PEMJ560	Title Number and type of credits Course Description	Curriculum in Physical Education. 3 hours lecture. This course provides an analysis of current curricular models for physical education programs grades K-12. Strategies for curriculum change are also examined, and students have opportunities to apply theories of curriculum development to actual school settings.
PEMJ561	Title Prerequisites Number and type of credits Course Description	Advanced Biomechanics: Understanding Performance and Injuries. BIOL 240, BIOL 241, PEMJ 321 or readings assigned by instructor. 2 hours lecture and 1 hour lab. In this course students explore the role of advanced biomechanical concepts in the evaluation and optimization of movement efficiency, athletic performance, and risk for injury. Students examine the science of human motion, mechanics of body tissues, methods of biomechanical data collection, and analysis and application of biomechanical data. Furthermore, students gain experience in employing advanced technological methods and practical approaches to evidence based training program design that they can use in their professional lives.
PEMJ562	Title Number and type of credits Course Description	Concepts in Physical Activity. 3 hours lecture. Students examine strategies to promote adoption of a physically active lifestyle in education, community, and health fitness settings. Specifically, students explore factors predictive of an active lifestyle, assessment of engagement in physical activity, application of age appropriate programming designed to maximize daily activity, and development of effective physical activity interventions for youth and adults.
PEMJ565	Title Number and type of credits Course Description	Reflective Teaching in Physical Education. 3 hours lecture. Students examine reflective practice in teaching physical education, applying strategies and pedagogical skills rooted in theory and effective practice.

		Furthermore, students explore various teaching behaviors and teacher effectiveness with the aim of maximizing student learning in physical education.
PEMJ575	Title Number and type of credits Course Description	Sociological Foundations of Sport and Physical Education. 3 hours lecture. In this course students conduct an in-depth analysis of the different societal constructs that play a role in sport and physical education. Students examine how constructs such as race, gender, and social class affect sport and physical education. In addition, students discuss different philosophies regarding sports and physical education, and evaluate their own personal philosophy.
PEMJ577	Title Number and type of credits Course Description	Supervision in Physical Education. 3 hours lecture. An analysis of theory and research related to supervision in facilitating
PEMJ577	Course Description	effective teaching to provide pupils with appropriate learning experiences in Physical Education programs.
PEMJ580	Title Prerequisites Course Description	Independent Study in Physical Education. Departmental approval. An experience in the pursuit of study of topics which may be outside the scope of regular curricular offerings or may be an extension of a course or courses. May be repeated for a maximum of 3.0 credits. Completion and approval of independent study application form required prior to registration.
PEMJ592	Title Number and type of credits Course Description	Selected Topics in Exercise Science and Physical Education. 3 hours lecture. In this course, students engage in an in-depth theoretical and practical study of a current aspect of exercise science, sport or physical education. Topics will be determined prior to the course offering and will be publicized. This course may be repeated once for a maximum of 6.0 credits as long as the topic is different.
PEMJ594	Title Prerequisites Course Description	Internship in Sport and Exercise Science. Completion of a minimum of 21 credits in the program, including PEMJ 502. A supervised field experience in the application of knowledge and skills

		related to an area of specialization in sport of exercise science. A formal written report of the completed internship outcomes is to be submitted to the faculty of the Department of Exercise Science and Physical Education.
PEMJ598	Title	Applied Project.
	Prerequisites	Completion of a minimum of 21 credits in the program, including PEMJ 502.
	Course Description	Guidance in conducting an applied project in physical education, sport or exercise science. Each student is required to develop a tangible product such as position paper, journal article, action research investigation, instructional videotape/CD ROM, review of curriculum, policy manual, etc. A formal written report of the completed project is to be submitted to the faculty of the Department of Exercise Science and Physical Education.
PEMJ603	Title	Research Project.
	Prerequisites	PEMJ 502 and PEMJ 505.
	Special Fee	Special fee.
	Course Description	Guidance is provided in developing and conducting a research project in physical education. Each student is required to conduct an investigation of a specific problem and to submit a written report of the completed project to the faculty of the department of physical education. Full year course. Register fall only.
PEMJ698	Title	Master's Thesis.
	Prerequisites	Departmental approval.
	Course Description	Independent research project done under faculty advisement. Students must follow the MSU Thesis Guidelines, which may be obtained from the Graduate School. Students should take PEMJ 699 if they don't complete PEMJ 698 within the semester.
PEMJ699	Title	Master's Thesis Extension.
	Prerequisites	PEMJ 698.
	Course Description	Continuation of Master's Thesis Project. Thesis Extension will be graded as IP (in Progress) until thesis is completed, at which time a grade of Pass or Fail will be given.
PERL103	Title	Team Activities in Recreation Settings.
	Special Fee	Special fee.
	Number and type of credits	2 hours lecture.
	Course Description	Introduction to the fundamental skills and roles of various team activities.