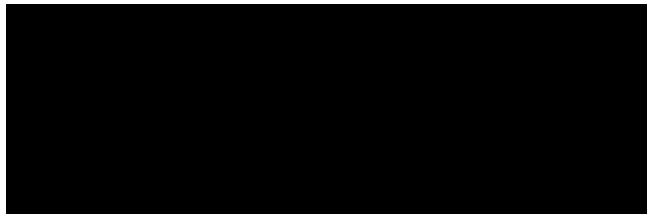


PHYSICAL EDUCATION, HEALTH, AND RECREATION

Johnson Gymnasium
(616) 471-3253
physical-ed@andrews.edu

Faculty

Lydia I. Chong, Chair
Barbara K. Friesen
Randall Lonto
Gregory Morrow
John R. Pangman



The Physical Education Department offers a Bachelor of Science degree in Physical Education with two areas of emphasis—Instructional Leadership or Exercise Science.

The Exercise Science emphasis provides a strong science-based education for the student of exercise and sport. This program provides an excellent foundation for students seeking clinical careers in physical therapy, medicine, and athletic training as well as for the student planning to continue with graduate study in exercise science, sports management, biomechanics, exercise physiology and kinesiology. Students should qualify to take the American College of Sports Medicine (ACSM) certification exams as an Exercise Technologist or Health and Fitness Instructor. Other organizations offering certifications are the International Dance Exercise Association (IDEA) and the National Strength and Conditioning Association (NSCA). A major or minor in Exercise Science also prepares the student for work in the community and/or corporate fitness setting.

The Instructional Leadership emphasis prepares students to work in educational setting—elementary, secondary, YMCA/YWCA, or other areas in which instruction is the main focus.

An Instructional Leadership minor helps students prepare for elementary or secondary teacher certification.

Undergraduate Programs

DEGREE REQUIREMENTS

Physical Education Core: PETH130, 210, 276, 306, 360, 370, 470

Cognate Core: BIOL111, 112, 113; FDNT230; HLED170, 420; PHYS131 or high school physics; STAT285.

BS: Physical Education—42

Includes the Physical Education Core and a minimum of 24 additional credits fulfilled with one of the two options listed below.

Option 1: EMPHASIS IN EXERCISE SCIENCE.

Three (3) Business Management Elective credits: PEAC116, 214; PETH425, 435, 450; **plus 5** elective Physical Education Activity credits.

Option 2: EMPHASIS IN INSTRUCTIONAL LEADERSHIP—46; plus 6

sports; 2 credits in Intermediate skill level; .5 credit in

Gymnastics or Tumbling)

Minor in Physical Education—24-26

Cognate Core: FDNT230, HLED170

Option 1: EXERCISE SCIENCE (24 credits)

Physical Education Core plus PEAC116, 214; PETH425, 435

Option 2: INSTRUCTIONAL LEADERSHIP—24 credits (Instructional Leadership)

Courses

(Credits)

ACTIVITY

body weight. Also the practice of exercises designed to control body weight. *Spring*

PEAC118 Alt \$ (.5)

Beginning Badminton

Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations. *Fall* (even years)

PEAC119 Alt \$ (.5)

Beginning Tennis

Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. *Fall* (odd years)

PEAC120 \$ (.5)

Scuba

An entry level course in scuba diving. Includes instruction in the buddy system, dive planning, donning and removing equipment in the water, alternate air sources, buddy breathing, entries, communication, and navigation. Swimming pretest required. YMCA certification. *Spring*

PEAC125 (.5)

Canoeing

Freesport canoeing with emphasis on precise canoe handling through paddle control. Based on traditional strokes modified with special enhancements to produce efficient paddling technique and self expression.

PEAC128 Alt \$ (.5)

Beginning Golf

Study of the basic techniques of the golf swing. An introduction to the game, rules, and etiquette of golf. Students must supply their own equipment. *Fall* (even years)

PEAC129 \$ (.5)

Beginning Racquetball

Introduction to basic strokes, singles and doubles play, strategy, and rule interpretations. Student must supply own racquet, balls, and eye guards. *Fall, Spring*

PEAC130 \$ (.5)

Special Activities

Special areas beyond normally offered courses: cycling, diving, fitness games, fitness swimming. Repeatable in different areas. Consult the current class schedule for activities offered each year. *Fall, Spring*

PEAC144 Alt \$ (.5)

Beginning Floor Hockey

Introduction to the game, including team composition, rules, and fundamental skills. *Spring* (odd years)

PEAC150 \$ (.5)

Swimming

Designed for multilevel instruction. Three basic levels are incorporated into the class based on a swimming pretest:

American Red Cross Lifeguard Training certification. Current first aid and CPR certification included. Prerequisite: Ability to swim 500 yards in 10 minutes or less. *Fall*

PEAC330 Alt \$ (.5)

Wilderness Living

Instruction in camping and survival techniques, open fire cooking, orienteering, backpacking, wilderness first aid, edible wild plants, and tracking. Students supply their own equipment. One weekend trip required. *Spring*

PEAC350 (1)

Water Safety Instructor

Instruction in techniques for teaching American Red Cross swimming courses. Current first aid and CPR certification required. Prerequisite: PEAC300 or current American Red Cross Lifeguard Training certification or current Community Water Safety certification. *Spring*

THEORY

HLED130 \$ (2)

Essentials of Wellness

Enhances understanding of individual and public-health issues such as disease prevention, and addresses physical, mental, spiritual, and emotional health. Weekly: 2 lectures and 1 lab. *Fall, Spring*

HLED170 (1)

First Aid and Cardiopulmonary Resuscitation

Emphasizes the immediate and temporary care of a victim of accident or sudden illness until medical help can be obtained. *Fall*

HLED420 Alt (3)

Ministry of Healing

A study of the ways in which optimum health is obtained and how it affects the lifestyle and strengthens the total person physically, mentally, socially, and spiritually. E. G. White's counsel on holistic health is emphasized. *Spring* (even years)

PETH130 Alt (2)

Foundations of Physical Education

Study of physical education as a career, its relationship to related fields of education, general principles and philosophies, historical background, and professional preparation. *Fall* (odd years)

PETH210 Alt (2)

Motor Learning

Survey of the theories and experimental studies in motor learning. *Fall* (even years)

PETH266 Alt (2)

Recreational Supervision:

Study of rules and officiating mechanics for team sports. Physical-education majors or minors seeking teaching certification must repeat until all areas have been completed. *Fall*: Flag Football, Volleyball and Basketball. *Spring*: Floor Hockey, Softball and Soccer. Two lab hours per week required. *Fall, Spring* (even years)

PETH276 Alt (2)

Athletic Injury Prevention

A study of the prevention and care of athletic injuries: Prerequisites: HLED170 or BIOL111, 112, 113 or equivalent. *Spring* (odd years)

PETH280 Alt (1)

Introduction to Recreation

A survey of recreation services, their goals, activities, achievements and work opportunities. *Spring* (odd years)

PETH306 Alt (3)

Measurements and Evaluation

Application of descriptive and inferential statistics to Physical Education and Exercise Science. Prerequisite: STAT285. *Spring* (even years)

PETH307 Alt (2)

Adaptive Physical Education

Study of structural and functional handicapping conditions found in school-age children, the limitations imposed by these conditions, and the responsibilities of the physical education teacher in working with such disabilities. *Spring* (even years)

PETH335 Alt (2)

Principles and Practices of Coaching

A study and discussion into sports-team organization, recruiting, picking teams, training, game preparation, travel budget, crowd control, facilities management, fund raising, game safety and control, and coaches' decorum. Special emphasis will include keeping the game in a "Christian perspective" and establishing a personal coaching philosophy. *Fall* (odd years)

PETH360 Alt (5)

Physiology of Exercise

Theoretical study of the body's physiological response to exercise and its practical application. Prerequisites: BIOL111, 112, 113, or equivalent. Weekly: 4 lectures and 1 lab. *Fall* (even years)

PETH366 Alt (.5)

Officiating:

Practical field experience in officiating. Two labs per week required. Physical Education majors seeking secondary teacher certification must repeat until all areas have been completed. *Fall*: Flag Football, Volleyball and Basketball. *Spring*: Floor Hockey, Softball and Soccer. Prerequisite: PETH266. *Fall, Spring* (odd years)

PETH370 Alt (3)

Kinesiology

The science of bodily movement with emphasis on anatomy, joint and muscular mechanism, principles of force generation and absorption, stability and balance, speed and acceleration in physical activities. Also includes the analysis of activities for the purpose of improving physical skill. Prerequisites: BIOL111, 112, 113 or equivalent and PHYS131. *Fall* (odd years)

PETH425 Alt (3)

Biomechanics

An examination of the internal and external physical forces acting on human movement and the effects produced by these forces. Prerequisite: PETH370. *Spring* (odd years)

PETH435 Alt (2)

Graded Exercise Testing

Explores the principles involved in testing individuals for cardiovascular function using the treadmill. Includes contraindications to graded-exercise testing, basic electrocardiography, medication, and patient preparation. Forms a solid foundation for the American College of Sports Medicine's Exercise Test Technologist

certification. Prerequisite: HLED170, PETH375, and current CPR.
Fall (odd years)

PETH440 (1-3)
Topics in _____

Selected topics in the area of physical education, health, or recreation. Consult current class schedule for topic offered each year. Repeatable in different content areas. *Fall, Spring*

PETH450 (1-10)
Practicum in Health, Physical Education, and Recreation

Supervised experience in area health, fitness, and rehabilitation programs. Limited to junior or senior departmental majors. Graded S/U. *Fall, Spring*

PETH459 Alt (3)
Secondary Methods in Teaching Physical Education

The application of teaching principles and strategies as they apply to Secondary Physical Education. Should be taken the senior year. *Fall* (even years).

PETH460 Alt (1)
Organization and Administration of Physical Education

Techniques and methods of administration and organization of a physical education department. Areas include facility management, supervision of workers, budgeting, intramural organization, public relations, and legal issues. Should be taken the senior year. *Spring* (even years)

PETH470 Alt (1)
Seminar in Physical Education and Health

Explores current issues relevant to physical education and health, by presentations, readings, and projects. Prerequisites: PETH306, 360, 370. *Fall* (even years)

PETH495 (1-4)
Independent Study/Reading/Research/Project

Independent Study: Directed study in an area of interest resulting in a formal term paper.

Independent Readings: Weekly meetings with the instructor for individual assignments and reports.

Independent Research: Design and execution of an experiment or causal-comparative research.

Independent Project: Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. *Fall, Spring*

PHYSICAL THERAPY

Berrien Springs Campus

Physical Therapy Building
Department Administration & Admissions
(616) 471-AUPT or 800-827-AUPT
FAX: (616) 471-2867
pt-info@andrews.edu
<http://www.andrews.edu/PHTH/>

MSPT Program
(616) 471-AUPT or 800-827-AUPT
FAX: (616) 471-2866

Dayton Campus

Andrews University Physical Therapy
2912 Springboro West, Suite 301
Dayton, OH 45439-1674
(937) 298-AUPT or 888-827-AUPT
FAX: (937) 298-9500

Faculty

C. William Habenicht, *Chair*
Wayne L. Perry, MSPT Program Director
Daryl W. Stuart, MPT Program Director
Philip A. Anloague
John C. Banks
Kathy A. Berglund
John Carlos, Jr.
Heidi C. Clarke
Norene M. Clouten
Bonny D. Dent
Betsy Donahoe-Fillmore
Edward G. Greene
Kurt J. Jackson
Harold L. Merriman
A. Lynn Millar
Janet A. Mulcare
Elizabeth Oakley
David P. Village

Physical therapy is a health profession dedicated to evaluating, treating, and preventing physical injury and disease. Physical therapists design and implement the necessary therapeutic interventions to promote fitness, health and improve the quality of life in patients. They also become active in consultation, education and research.

Physical therapists work closely with their client's family, physician, and other members of the medical team to help their