

PHYSICAL EDUCATION, HEALTH, AND RECREATION

Johnson Gymnasium
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Faculty

Lydia I. Chong, *Chair*
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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

PEAC118

Alt \$ (.5)

Beginning Badminton

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

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

PETH457 **Alt (2)**

Physical Education in the Elementary School

Content and organization of physical education programs in the elementary schools.

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*

PETH457 **Alt (2)**

Physical Education in the Elementary School

Content and organization of physical education programs in the elementary schools. *Fall* (even years)

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. ~~Super Side experientuStudy~~