# Physical Education Courses (PEMES)

## Courses

<table>
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<tr>
<th>Course Code</th>
<th>Title</th>
<th>Units</th>
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<tr>
<td>PEMES 2015</td>
<td>(420:015). Lifetime Activities I</td>
<td>1 hr.</td>
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<tr>
<td>PEMES 2016</td>
<td>(420:016). Lifetime Activities II</td>
<td>1 hr.</td>
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<tr>
<td>PEMES 2017</td>
<td>(420:017). Fundamental Physical Activities</td>
<td>1 hr.</td>
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<tr>
<td>PEMES 2018</td>
<td>First Aid and CPR for Physical Educators</td>
<td>1 hr.</td>
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<tr>
<td>PEMES 2021</td>
<td>Movement Activities for Children</td>
<td>2 hrs.</td>
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<tr>
<td>PEMES 2024</td>
<td>Anatomy and Kinesiology</td>
<td>3 hrs.</td>
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<td>PEMES 2025</td>
<td>Conditioning Theory and Practice</td>
<td>2 hrs.</td>
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<tr>
<td>PEMES 2030</td>
<td>Teaching Physical Education For Learning</td>
<td>2 hrs.</td>
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<tr>
<td>PEMES 2034</td>
<td>Survey of Dance History</td>
<td>3 hrs.</td>
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<tr>
<td>PEMES 2036</td>
<td>Dance Performance</td>
<td>1-2 hrs.</td>
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<tr>
<td>PEMES 2037</td>
<td>Applied Choreography</td>
<td>1-2 hrs.</td>
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<tr>
<td>PEMES 2045</td>
<td>Physical Education for the Elementary Grades</td>
<td>3 hrs.</td>
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<tr>
<td>PEMES 2050</td>
<td>Anatomy and Physiology of Human Movement</td>
<td>3 hrs.</td>
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<tr>
<td>PEMES 2053</td>
<td>Physical Activity and Nutrition for Health and Fitness</td>
<td>3 hrs.</td>
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<tr>
<td>PEMES 2056</td>
<td>Introduction to Motor Behavior</td>
<td>3 hrs.</td>
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<tr>
<td>PEMES 2060</td>
<td>Lifeguard Training and Instruction</td>
<td>2 hrs.</td>
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<tr>
<td>PEMES 2061</td>
<td>Water Safety Instruction</td>
<td>2 hrs.</td>
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<tr>
<td>PEMES 3101</td>
<td>Advanced Skill and Coaching Theory</td>
<td>2 hrs.</td>
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**Notes:**
- **PEMES 2001**: (420:Axx series) Physical Education — 1 hr. Work may be selected from activities as listed in the Schedule of Classes. Primarily for Liberal Arts Core credit for students admitted prior to Fall 1988. May be repeated. (Fall, Spring, Summer)
- **PEMES 2015**: (420:015). Lifetime Activities I — 1 hr. Primarily for majors and minors in Physical Education. (Fall and Winter)
- **PEMES 2016**: (420:016). Lifetime Activities II — 1 hr. Primarily for majors and minors in Physical Education. (Fall and Winter)
- **PEMES 2017**: (420:017). Fundamental Physical Activities -- Outdoor/Adventure Pursuits — 1 hr. Primarily for majors and minors in Physical Education. (Fall and Spring)
- **PEMES 2018**: First Aid and CPR for Physical Educators — 1 hr. First aid skills for injuries and sudden illness, CPR for adult, child, and infant and AED to prepare physical education major students to teach these in K-12 schools. (Variable)
- **PEMES 2021**: (420:021). Movement Activities for Children — 2 hrs. Developmentally-appropriate physical activities designed to promote the development, refinement, and utilization of fundamental movement actions and concepts during the early through late childhood years. Strategies for selecting and delivering appropriate activities to children. Prerequisite(s) or corequisite(s): TEACHING 2017; EDPSYCH 2030 (200:030). (Fall and Spring)
- **PEMES 2024**: (420:024). Anatomy and Kinesiology — 3 hrs. Attention to the skeleton, the muscular system, and to joint construction. Application to analysis of skills and techniques used in coaching. (For coaching minors.) No credit for students with credit in PEMES 2050 (420:050) and PEMES 3151 (420:151). (Variable)
- **PEMES 2030**: Teaching Physical Education For Learning — 2 hrs. The major purpose of this course is to develop knowledge and competence in the generic aspects of effective instruction in physical education as well as to begin to develop effective instructional skills through micro-peer teaching. The student will also learn the historical foundations and significance of physical education and how these have impacted the profession's current goals. Prerequisite(s) or corequisite(s): EDPSYCH 2030 (200:030). (Fall and Spring)
- **PEMES 2034**: (420:034). Survey of Dance History — 3 hrs. Survey of dance history from primitive times to the present with emphasis on the relationship of dance and dance forms to the societies in which they developed and other art forms and the contributions of leading dance personalities. (Variable)
- **PEMES 2036**: (420:036). Dance Performance — 1-2 hrs. Credit for performance in approved dance choreography. May be repeated for credit. Maximum of 2 hours may be used toward the Dance minor. Prerequisite(s): consent of instructor. (Variable)
- **PEMES 2037**: (420:037). Applied Choreography — 1-2 hrs. Credit for approved choreography for dance performances and productions. May be repeated for credit. Maximum of 2 hours may be used toward the Dance minor. Prerequisite(s): consent of instructor. (Variable)
- **PEMES 2045**: (420:045). Physical Education for the Elementary Grades — 3 hrs. Teaching methods and experience in activities; 3 periods. No credit for students with credit in HPELS 2045 (440:045). Prerequisite(s): EDPSYCH 2030 (200:030); sophomore standing. (Fall and Spring)
- **PEMES 2050**: (420:050). Anatomy and Physiology of Human Movement — 3 hrs. Anatomy and physiology of the human body focusing on the muscular and skeletal systems. (Fall and Spring)
- **PEMES 2053**: (420:053). Physical Activity and Nutrition for Health and Fitness — 3 hrs. Identification and programming of physical activities and nutrition lifestyle practices. Emphasis on the role of physical activity and nutrition in the enhancement of health and fitness in others. Integration of experiential learning activities with cognitive subject matter. Prerequisite(s): HPELS 1010 (440:010). (Fall and Spring)
- **PEMES 2056**: (420:056). Introduction to Motor Behavior — 3 hrs. Introduction to the developmental and learning factors which influence the capability to move effectively throughout the life span. Prerequisite(s) or corequisite(s): PSYCH 1001 (400:001). (Fall and Spring)
- **PEMES 2060**: (420:060). Lifeguard Training and Instruction — 2 hrs. American Red Cross material in Basic Water Safety, Emergency Water Safety Lifeguard Training, and Lifeguard Instruction. Opportunity provided to become certified in the American Red Cross Lifeguarding, Lifeguard Instruction, and Health Services Program which is a prerequisite to becoming an instructor in any area of certification for the American Red Cross. (Fall and Spring)
- **PEMES 2061**: (420:061). Water Safety Instruction — 2 hrs. Materials related to the certification of instructors for water safety instruction. Any person wishing to teach aquatics is required to complete this course. Certification is possible through this course. (Spring)
- **PEMES 3101**: (420:101). Advanced Skill and Coaching Theory -- Baseball — 2 hrs. Prerequisite(s): beginning class or equivalent skill. (Variable)
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Practical experience working with high school coaches; includes planning and conducting all phases of the program. May be repeated in a different sport for a total of two sports. Prerequisite(s): junior standing; consent of department. (Variable)

Administration of programs, personnel, and facilities; includes pool management and maintenance. (Variable)

Introduction to the sociological and psychological issues related to physical activity. Practical information for professionals working in either school or non-school settings dealing with persons involved in physical activity. (Fall and Spring)

Introductory philosophical aspects of sport; psychological and sociological dimensions of competitive sport. (Fall and Spring)

Historical development of sport in relation to other institutions and social movements in American society. (Variable)

PEMES 3131 (420:131). Dance Composition — 2 hrs.
Application of art principles basic to good choreography. Prerequisite(s): PEMES 2013 (420:013); two dance activity classes of different styles or consent of instructor. (Variable)

Place of dance in the school curriculum: relationships, progressions, and curriculum building. Prerequisite(s): PEMES 2013 (420:013); two dance activity courses of different styles; consent of instructor. (Variable)

Application of technical considerations, costume design, accompaniment, and program planning. Practical application of choreography and/or lecture demonstration in a dance form expected. (Variable)

PEMES 3140 (420:140). Practicum — 1 hr.
Experiences working with elementary, secondary, adapted, or dance students in activities involving movement. May be repeated for a maximum of 4 hours. Prerequisite(s): methods course appropriate to area; consent of instructor. (Fall, Spring, Summer)

Application of principles of mechanics to human movement. Discussion, 2 periods; lab, 2 periods. Prerequisite(s): PEMES 2050 (420:050) or equivalent. (Fall and Spring)

Acute and chronic responses and adaptations of the physiological systems to muscular activity and training. Prerequisite(s): PEMES 2050 (420:050); junior standing. Prerequisites for Athletic Training majors: PEMES 2050 (420:050) or AT 3020; junior standing. (Fall, Spring, Summer)

Understanding of psychological factors which affect performance in competitive sport. Survey of and individualized practice with psychological techniques designed to enhance sport performance. (Fall and Spring)

PEMES 3155/5155 (420:155g). Exercise Physiology: Applications for Health and Human Performance — 3 hrs.
Applications in environmental influence on performance, body composition, ergogenic aids, age and gender considerations in sport and exercise, and exercise for special populations. Prerequisite(s): PEMES 2050 (420:050); PEMES 3153 (420:153) or equivalent; junior standing. (Variable)

PEMES 3156 (420:156). Fitness Assessment and Programming — 3 hrs.
Assessment of fitness levels and application to fitness programming including remediation of dysfunction in rehabilitation. Prerequisite(s): PEMES 3153 (420:153). (Fall and Spring)

Designed to help students understand the role of nutrition in enhancing athletic performance. Students will learn the impact nutrition has on cells and tissue that determine the physiological response to exercise. Prerequisite(s): PEMES 2053 (420:053); PEMES 3153 (420:153); Prerequisite for Athletic Training majors: AT 3020. (Fall and Spring)

PEMES 3163. Career and Professional Development — 2 hrs.
This course will examine the field of movement and exercise science from a historical perspective, identify emerging trends and ethical behavior and explore potential employment opportunities and professional associations. This course will also develop the student's skills in writing resumes, creating portfolios and job interviewing in order to enhance employment opportunities. (Fall and Spring)

PEMES 3168 (420:168). Assisting in Physical Activity and Wellness — 1 hr.
Assisting departmental instructor in activity classes. May be repeated once for credit. Prerequisite(s): consent of department. (Fall and Spring)

2 or 5 hrs. Curriculum design, including movement education and wellness, through the integration of instructional practices, teaching strategies, knowledge of adaptations to physical activity, and assessment practices. Laboratory experiences will be included in
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Concepts of measurement and evaluation; statistical analysis; construction of evaluative instruments; and application of written and performance tests. Physical Education majors may substitute PEMES 3174 (420:174) for MEASRES 3150 (250:150). Prerequisite(s) or corequisite(s): EDPSYCH 3148 (200:148). (Fall and Spring)

Administration of programs in the elementary and secondary schools including budgeting, facilities, legal considerations, and support services. Design, development, and evaluation of curriculum content for grades K-12. Prerequisite(s): admission to teacher education program. (Fall and Spring)

PEMES 3185 (420:185). Readings in Physical Education — 1-4 hrs.
Individual study in an area of physical education. Credit to be determined at time of registration and to be based on student's proposal. Primarily for majors and minors in Physical Education. Prerequisite(s): consent of department head. (Fall and Spring)

PEMES 3191 (420:191). Senior Project — 1-6 hrs.
Individualized study and experiential learning under the supervision of qualified faculty and professionals in the field; Primarily for majors in physical education. May be repeated for a maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall and Spring)

PEMES 3193 (420:193). Research Experiences — 1-6 hrs.
Conducting supervised research in a research team setting or mentoring setting with faculty, with presentation and publication of research as the goal. Topics for research may not duplicate a class project or the undergraduate thesis. May be repeated for maximum of 6 hours. Highly recommended for students planning to enter graduate programs. Primarily for majors in physical education. Prerequisite(s): consent of instructor. (Fall and Spring)

PEMES 3197 (420:197). Internship in Physical Education — 1-12 hrs.
Comprehensive practical experience in physical education in which the student applies course work in an agency commensurate with degree option. Offered on credit/no credit basis only. May be repeated for maximum of 12 hours. Prerequisite(s): completion of all course work in the option; current certification in Standard First Aid and Community CPR; consent of Internship Coordinator. (Fall, Spring, Summer)

PEMES 4152/5152 (420:152g). Adapted Physical Education — 3 hrs.
Recognition of postural deviations; exercises for specific body parts; understanding specific disabilities; first aid and emergency care; and the modification of physical activities to meet limitations found in school populations. Prerequisite(s): PEMES 3151 (420:151); junior standing. Prerequisite(s) or corequisite(s): TEACHING 3128 (200:128). (Fall and Spring)

Individualized research involving the selection of an area of inquiry; collection, analysis, and interpretation of data; Primarily for majors in physical education. May be repeated for a maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall and Spring)

Primarily for majors in physical education. (Fall, Spring, Summer)

PEMES 4217/5217 (420:127g). Organization and Administration of Competitive Sports — 2 hrs.
Organization, administration, and management of interscholastic, intercollegiate, and intramural sports programs. Prerequisite(s): junior standing. (Fall and Spring)

Microcomputers and their use in physical education and sports medicine. Fundamentals of programming, data and file management, programmed communication, and survey of available software. Interactive computing for the use of major statistical programs. (Variable)

PEMES 6222 (420:222). Sport Psychology — 3 hrs.
Current sport psychology research and its relevance to coaches and athletes. Emphasis on the areas of sport personology, competitiveness, motivation, attention, self-concept, attitudes, competitive anxiety, and goal-setting. Stress management techniques and other psychological skills applicable to the sport setting. (Variable)

Investigation of the curriculum development process, standards based curriculum, contemporary models, selection and sequencing of developmentally appropriate content and activities K-college, and coaching curriculum. Intended to meet the needs and interests of K-12 teachers as well as college teacher/coaches. (Variable)

PEMES 6231 (420:231). Effective Teaching in Physical Education — 3 hrs.
Study of the skills and techniques that successful teachers use to make classes appropriate and beneficial for students. Discussion of effective discipline, motivation, and planning techniques. Includes techniques for self-study to determine teaching effectiveness and demonstrate student learning. Prerequisite(s): undergraduate methods class. (Variable)

PEMES 6251 (420:251). Biomechanics — 3 hrs.
Application of mechanical principles and concepts to human movement; emphasis on analysis of techniques employed in sports. Prerequisite(s): PEMES 2050 (420:050); PEMES 3151 (420:151); or equivalents. (Variable)

Process of scientific inquiry into exercise physiology and the identification of basic principles to be applied for maximum performance without injury. Prerequisite(s): PEMES 3153 (420:153); PEMES 3155/5155 (420:155g) or equivalent; BIOL 3101 (840:101) or equivalent; BIOL 3102 (840:102) or equivalent. (Variable)

Study and application of research findings to motor learning and the variables which influence it. (Variable)

PEMES 6260 (420:260). Laboratory Instrumentation and Test Interpretation — 3 hrs.
Experience in exercise physiology laboratory instrumentation for cardiovascular, metabolic, muscular, and respiratory measurements as well as interpretation of test results. Prerequisite(s) or corequisite(s): PEMES 6253 (420:253) or consent of instructor. (Variable)
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PEMES 6271 (420:271). Cardiovascular Physiology — 3 hrs.
In-depth study of the functioning of the cardiovascular and respiratory systems in the diseased and non-diseased state. Major topics include functional anatomy, cardiorespiratory control, arterial pressure, responses to exercise, electrical activity, and the effects of disease processes. (Same as HPE 6271 (410:271)) (Variable)

Examination and analysis of continuing concerns and issues in the profession. (Variable)

May be repeated for maximum of 6 hours. (Fall, Spring, Summer)

PEMES 6289 (420:289). Seminar in Physical Education — 1-3 hrs.
Special topics as indicated in the Schedule of Classes. May be repeated when topics vary up to a maximum of 12 credits. (Fall and Spring)

PEMES 6293 (420:293). Research Experience in Physical Education — 1-2 hrs.
Research on problems other than those for the thesis or in regular course offerings. May be repeated for maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

Experience in non-school settings or agencies. May be repeated for maximum of 4 hours. Prerequisite(s): consent of Graduate Advisor. (Fall, Spring, Summer)

Practical experience in teaching physical education and/or coaching at the college level and/or K-12 level. May be repeated for maximum of 6 hours. Prerequisite(s): consent of Graduate Advisor. (Fall, Spring, Summer)

PEMES 6299 (420:299). Research.
Fee assessed separately for laboratory materials and/or binding of thesis/research paper. May be repeated for maximum of 6 hours. Prerequisite(s): consent of department. (Fall, Spring, Summer)