

EXHP 233: History and Principles of PE and REC

2 Credit Hours

Study of the history, philosophy and perspectives of physical education and recreation, and their influence upon contemporary American society.

EXHP 243: Methods of Rhythmic Activities

2 Credit Hour

Fundamentals of folk, square and social dance; emphasis on the teaching techniques involved in basic dance styles and rhythms.

EXHP 245: Motor Learning and Development

3 Credit Hours

Applied analysis of motor learning and motor development principles and theories throughout the human life span.

AT 260: Care & Prevention of Athletic Injuries

3 Credit Hours

Procedures in the prevention, care and treatment of injuries sustained during activity and athletic participation.

EXHP 345: Physical Activities and Games I

2 Credit Hours

Teaching procedures, skills and techniques of physical activities and games (e.g. adventure education, soccer, basketball, team handball and lacrosse).

EXHP 346: Physical Activities and Games II

2 Credit Hours

Teaching procedures, skills and techniques of physical activities (e.g. volleyball, football, hockey, track/field and softball).

EXHP 347: Methods of Fitness Instruction

1 Credit Hour

Emphasis on teaching procedures for lifetime fitness activity (e.g. weight training, aerobics, plyometrics, exercise balls, jump rope, HR monitors, cardio kickboxing, and pedometers).

EXHP 348: Individual/Dual Activities

3 Credit Hours

Basic skills and techniques of tennis, racquetball, badminton and golf; emphasis on teaching procedures in these activities.

EXHP 351: Methods of Elementary Physical Ed

3 Credit Hours

Study of effective teaching for elementary children including; maximizing student learning, student and self-assessment, utilization of resources, planning, implementation and revision. 30 hours field experience.

EXHP 470: Methods of Coaching
3 Credit Hours

or

EXHP 485: Methods in Health Promotion
3 Credit Hours

Study of the science and art of coaching. Understanding of the physical, mental, and emotional demands of coaching. Required course for coaching certification in Colorado.

Planning, implementation, and evaluation of educational strategies and components of health promotion. Focus on educational methodology and student learning.

EXHP 478: Methods of Secondary Physical Ed

3 Credit Hours

Study of effective teaching with emphasis on teaching methods, student learning time, classroom management and program planning. 30 hours field experience.