

# Physical Education

## Department Goals

Covenant’s Physical Education Department provides students with an in-depth study of the human body and its various functions as they relate to health and fitness and the Christian world and life view. The minors prepare students to work in leadership positions in coaching and sports management. Courses provide an understanding of nutritional aspects of good health as well as a thorough study of contemporary issues in health and fitness. The department also emphasizes the value of lifestyle activities, cardiovascular fitness, muscle integrity, and lifetime recreational sports for all.

## Requirements for Minor in Physical Education – Science Track

PE 211. Introduction to Health, Physical Education, and Sport ‘W’ .....	3
PE 313. Critical Health Issues ‘S’ .....	3
PE 328. First Aid/Prevention and Care of Athletic Injuries .....	3
PE 337 or 338. Individual and Team Sports I or II ‘S’ .....	3
PE 431. Kinesiology.....	3
PE 433. Physiology of Exercise .....	3
Total hours for the minor .....	18

## Requirements for Minor in Physical Education – Sports Management Track

PE 211. Introduction to Health, Physical Education, and Sport ‘W’ .....	3
PE 313. Critical Health Issues ‘S’ .....	3
PE 332. Management in Health and Physical Education, or PE 405. Management in Sport.....	3
PE 337 or 338. Individual and Team Sports I or II ‘S’ .....	3
PE 406. Sport Law and Ethics.....	3
PE 407. Psychology and Sociology of Sport.....	3
Total hours for the minor .....	18

## Requirements for Minor in Sport Ministry

BIB 211. Introduction to Relational Youth Ministry.....	3
BIB 376. Outreach to Contemporary Culture .....	3
PE 250. Foundations of Sport Ministry .....	3
PE 450. Structure and Methods of Sport Ministry.....	3
PE 483. Sport Ministry Internship.....	3
SOC 249. Interpersonal Communication.....	3
Total hours for the minor.....	18

## Requirements for Minor in Coaching

PE 328. First Aid/Prevention and Care of Athletic Injuries .....	3
PE 337 or 338. Individual and Team Sports I or II ‘S’ .....	3
PE 405. Management of Sport.....	3
PE 407. Psychology and Sociology of Sport .....	3
PE 431. Kinesiology or PE 433. Physiology of Exercise.....	3
PE 460. Principles of Coaching.....	3
Total hours for the minor .....	18

## Physical Education Courses

### 130-149. Individual and Team Sports

130. Tennis .....	1
131. Weight Training/Aerobics .....	1-2
132. Folk and Square Dance.....	1
133. Softball/Touch Football.....	1
134. Swimming .....	1
135. Volleyball .....	1
136. Basketball .....	1
140. Racquetball.....	1
141. Wilderness skills:	
a. White water Canoeing .....	1
b. Backpacking .....	1
c. Rock Climbing.....	1
d. Orienteering .....	1
142. Golf.....	1
145. Varsity Sport .....	1
(Prerequisite: one year of varsity experience)	
146. Bowling .....	1
147. Advanced Soccer .....	1
148. Intermediate Tennis .....	1
149. Badminton .....	1

### 151. Concepts in Physical Education, Fitness, and Health

Introduction to principles of physical education, fitness, and health. Topics to be covered through lectures and laboratories include exercise physiology, fitness testing,

nutrition, diet, systems of training and motor skill acquisition for lifetime sports. Development of a personal exercise program will be the culminating activity for the course. Two hours.

### **152. Personal Aerobics and General Fitness**

Guides students in designing and following their own aerobics and general fitness program. Cooper's 12-minute run and other fitness tests will be used to gauge improvement. Prerequisite: PE 151. One hour.

### **153. Intercollegiate Sport Competition and Fitness**

The course is designed to afford students the opportunity for gaining an understanding in the aspects of technical, tactical, fitness, dietary, spiritual, psychological, and sociological implications/applications of a college sport. This course is to be taken during a semester when the team is playing their regular competitive schedule. Prerequisites: PE 151 and one year of varsity sport experience or approval of the head of the Physical Education Department. One hour.

### **211. Introduction to Health, Physical Education and Sport**

Introductory study of the historical and philosophical development of health, physical education, and sport with emphasis on the current trends and leaders. The intramural program and athletics and their relationship to physical education as a discipline are studied, along with current research material in physical education. Three hours. 'W'

### **212. Methods, Materials and Measurement in Physical Education**

This course studies the motor learning theory and use of teaching resources and materials in the design of a secondary level curriculum in physical education. Methodology of teaching physical education at the secondary level is studied within the context of physical education as a part of the overall development of the person. An emphasis will be placed on tests, measurements and field experience in teaching grades 9-12. Three hours.

### **250. Foundations of Sport Ministry**

This course provides an overview of all sport related ministries for those who are interested in the vocation of sport ministry. Examples will be presented as to how sport ministry can be used as a discipleship and evangelical tool. In addition to classroom examples, opportunities will be provided for site-based sport ministry observations. The course will explore specific career directions and strengths and weaknesses of various sport ministries. Three hours.

### **313. Critical Health Issues**

Historical and philosophical bases of health education, review of current issues including drug education, family planning, nutrition, and environmental and consumer

concerns with values clarification emphasis. Key facets of whole school health program are studied. Three hours. 'S'

### **328. First Aid/Prevention and Treatment of Athletic Injuries**

Standard Red Cross course with special attention to prevention, care and rehabilitation of athletic injuries, including laboratory experience in training procedures and use of prescribed modalities. Course fee: \$10. Three hours.

### **332. Management in Health and Physical Education**

This course provides a basic overview and survey of management concepts and guidelines associated with health and physical education. Decision making, leadership training, effective communication, planning, organizing, controlling, time management, budget, and finance will all be studied. Prerequisite: Approval of instructor. Three hours.

### **335. Physical Education in the Early Grades**

A theory and methods emphasis focusing on basic motor learning through sequential movement education principles, childhood growth and development, and their significance to the overall learning and growth of children P-5. Special attention is given to the needs of exceptional and handicapped children. The school health program is studied. Teaching laboratories for students in local schools. Two hours.

### **337. Individual and Team Sports I**

This course studies the teaching, coaching and officiating methods in basketball, soccer, and tennis. Prerequisite: approval of instructor. Three hours. 'S'

### **338. Individual and Team Sports II**

This course studies the teaching, coaching and officiating methods in volleyball, football, and indoor racquet sports.. Prerequisite: approval of instructor. Three hours. 'S'

### **386. Wilderness Learning Practicum**

The theory and application of wilderness education presented in a local wilderness setting with special emphasis on group development, self-discovery, basic survival, wilderness recreation skills, and ecological and safety concerns. Offered in the May term. Prerequisite: approval of department head. Three hours.

### **405. Management in Sport**

This course studies management principles, information retrieval and processing, public relations, personnel direction, faculty development, financial administration as they relate to sports, athletics, and leisure services. Prerequisite: Approval of instructor. Three hours.

**406. Sport Law and Ethics**

This course presents a comprehensive overview of ethics and the law as they apply to sport. Fundamental legal and ethical principals that most directly affect the actions and activities of sports professionals will be presented by selected case studies. Prerequisite: Approval of instructor. Three hours.

**407. Sociology and Psychology of Sport**

Emphasis upon exercise science and leisure sports as socio-cultural psycho-cultural force: psychological and sociological concepts applied to human performance in exercise and sport. Prerequisite: Approval of instructor. Three hours.

**431. Kinesiology**

A detailed study of the muscles, joint action, mechanics of human balance and motion, both normal and pathological, with guidance in specific movement analysis. Prerequisite: BIO 220. Three hours.

**433. Physiology of Exercise**

Characteristics of muscular exercise; the responses of body systems to physical activity; review of modern training and testing and measurement methods; review of current research in muscle physiology and physical fitness. Prerequisite: BIO 220. Three hours.

**450. Structure and Methods of Sport Ministry**

This course instructs on the details of conceptualizing and carrying out specific sport ministry events. The techniques and methods for maximizing ministry opportunities will be studied and modeled. Methods, activities, programs and the accompanying techniques will be investigated to foster effective and efficient evangelical sport ministry events. Prerequisite: PE 250. Three hours.

**460. Principles of Coaching**

This course examines the philosophical and sociological basis for leadership in sports including: leadership theory, administrative practice and organizational problems in athletics. A study of the values of sport and their relationship to physical education and intramurals. Scheduling and the design of interscholastic and intramural sports programs are studied. Three hours. 'W'

**482. Practicum in Community Recreation**

Practical work assignments under the auspices of the Chattanooga YMCA. Students experience planning, implementing and directing YMCA programs through exposure to all facets of the organization and operation program. Prerequisite: approval of department head. Three hours.

**483 Sport Ministry Internship**

This course provides students the opportunity to apply the theory and techniques learned in the classroom with the needs that exist domestically and internationally in various sport situations. Prerequisites: PE 250 and PE 450. Three hours.

**492. Senior Integration Paper in Physical Education**

See page 26.

**493. Physical Therapy Practicum**

Work experience under a certified physical therapist with patients needing various kinds of physical therapy. Prerequisite: approval of department head. Three hours.

**494. Practicum in Adult Fitness**

Practical application and exercise physiology/rehabilitation principles with adults at Erlanger Medical Center's Cardiac Rehabilitation Unit. Supervision by staff and exercise physiologist at hospital. Prerequisite: approval of department head. Three hours.

**495. Special Topics in Physical Education and Health**

Guided independent study in the field of health and physical education. Topics approved by department head. One to four hours.