

LABORATORY COURSES FOR HEALTH AND PE MAJORS

Students not majoring in Kinesiology and Health Studies must have permission of the department to schedule these classes.

209. Theories and Practice of Swimming. Credit 1 hour. Basic skills, standard strokes, and teaching methods of beginning swimming. Three hours a week. (Fall, Summer)

210. Theories and Practice of Badminton-Tennis. Credit 1 hour. Skills, rules, strategies, and teaching methods of badminton and tennis. Three hours a week. (As Needed)

212. Theories and Practice of Recreational Games. Credit 1 hour. Skills, rules, strategies, and teaching methods of archery, bowling, stunts/tumbling, and pickleball. Three hours a week. (As Needed)

213. Theories and Practice of Golf and Outdoor Leisure Pursuits. Credit 1 hour. Skills, rules, strategies, and teaching methods of golf. A recreational laboratory class emphasizing introductory instruction and experience in a wide variety of outdoor leisure pursuits. Topics may be selected from but not limited to the following: camping, canoeing, boating, backpacking, dayhiking, water safety, fishing and hunting safety, and wilderness first aid. Three hours a week. (As Needed)

214. Fundamentals of Fitness and Conditioning. Credit 1 hour. Fundamentals of fitness and conditioning will be emphasized with kinesiological analysis of and laboratory experience in strength development. Three times a week. (As Needed)

217. Theories and Practice of Soccer-Track and Field. Credit 1 hour. Skills, rules, techniques, strategies, and teaching methods of soccer and track and field. Three hours a week. (As Needed)

218. Theories and Practice of Flag Football-Softball. Credit 1 hour. Skills, rules, strategies, and teaching methods of flag football and softball. Three hours a week. (As Needed)

219. Theories and Practice of Basketball-Volleyball. Credit 1 hour. Skills, rules, strategies, and teaching methods of basketball and volleyball. Three hours a week. (As Needed)

221. Theories and Practice of Elementary School Physical Education. Credit 1 hour. Introduction to curriculum content and activities in elementary physical education. This course provides experiences in basic movement skills, fundamental motor skills, rhythmic activities, and games. Three hours a week. (As Needed)

222. Theories and Practice of Teaching Dance. Credit 1 hour. General knowledge, execution, and teaching methods of fundamentals in movement and creative dance, and social dance. Three hours a week. (As Needed)