

**PHYSICAL EDUCATION (M.A.)**  
**Three Concentrations of Study**  
**36 Total Semester Hours for Each Concentration**

Director: Danny Davis

### Program Description

To enhance the physical educator's understanding and knowledge of human movement, the graduate program in Physical Education seeks to encompass the elements of biological study, fitness, wellness, health, recreation, and physical education into a directed, comprehensive study of the discipline and how to teach it. The graduate program must be broader than the undergraduate's physical education preparation, and to that end, will be a multi-disciplinary study that aims to help inservice teachers prepare for the teaching of physical education at all levels of learning and curriculum preparation. The program will seek to challenge the graduate student in all areas of advanced university study relative to the discipline and to teacher-effectiveness.

### Program Goals

The graduate program in Physical Education is designed

1. to prepare physical educators in the field of human movement physiology as it relates in the teaching of physical education, athletics, and leisure activities;
2. to extend the graduate student's understanding of the basic principles of educational management, supervision, leadership, and/or administration;
3. to help the graduate student to understand the role of educational psychology in teaching, coaching, and administration;
4. to stress the importance of a sound understanding of legal issues in schools, athletes, recreation, and any movement education facility;
5. to help the graduate student to construct curriculum design in various phases of health, wellness, fitness, physical education, recreation, etc.;
6. to provide an expanded grasp of research trends in the teaching of human movement and healthful living;
7. to help the graduate student to understand the principles of facilities, finances, budgeting, funding, etc., in a variety of sectors;
8. to help the graduate student to develop the ability to objectively review educational issues affecting students, families, sports, and schools.

### Requirements for a Master of Arts in Physical Education

**Sem. Hrs.**

#### Core Courses

21-27

- EXER 5010 Movement and Coaching Physiology
- EXER 5020 Exercise, Sport, and Coaching Psychology
- EXER 5030 Management and Marketing of PE and Athletic Programs
- EXER 5040 Recreation, Leisure, and Tourism
- EXER 5050 Health, Wellness, and Fitness Administration
- EXER 5060 Current Issues, Problems, and Trends in PE and Athletics
- EXER 5070 The Law in PE and Sport
- EDN 5660 Applied Educational Research\*
- EXER 5990 Capstone Study

#### Concentration

9-15

- Choose Physical Education Licensure, Exercise/Fitness, or Sports Administration

**Total**  
**(minimum):**  
**36**

<b>Physical Education Licensure Concentration</b>	<b>Sem. Hrs.</b>
Take EXER 5010, 5020, 5030, 5050, 5060, 5070, and 5990 from the core above;	27
Take EDN 5500 and 5660	
Required Professional Studies Core	6
EDN 5500 Applied Educational Psychology*	
EDN 5650 Applied Philosophy of Education*	
Specialty Area Guided Electives (select one of the following):	3
EDN 5120 Exceptionality in Children*	
EDNL 5710 Analyzing Educational Issues**	
EDNL 5720 Ethical and Societal Aspects of Educational Leadership**	
EDNL 5730 School Based Management**	
<b>Total (min.):</b>	<b>36</b>

\*For EDN course descriptions, see listings in M.A.Ed. program.

\*\*For EDNL course descriptions, see listings in M.S.A. program.

<b>Exercise and Fitness Concentration</b>	<b>Sem. Hrs.</b>
Take the 9 core courses above	27
Choose three electives from the list below:	9
PAD 5000 Modern Management and Organization***	
PAD 5010 Organizational Behavior***	
PAD 5040 Financial Resource Administration***	
PAD 5100 Organizational Leadership Seminar***	
PAD 5110 Planning***	
PAD 5360 Administrative Law***	
PAD 5380 Conflict Analysis and Resolution***	
PAD 5520 Principles of Budgeting and Finance***	
HAD 5710 Health Administration and Organization***	
<b>Total (min.):</b>	<b>36</b>

\*\*\*For PAD and HAD course descriptions, see listings in M.P.A. degree program

<b>Sports Administration Concentration</b>	<b>Sem. Hrs.</b>
Take 7 of the 9 core courses above	21
Take 15 additional hours, preferably choosing one course from each directed area below:	
1. Budget Area	
PAD 5040 Financial Resource Administration***	
PAD 5520 Principles of Budgeting and Finance***	
2. Leadership Area	
PAD 5000 Modern Management and Organization***	
PAD 5010 Organizational Behavior***	
PAD 5330 Leadership and Change***	
3. Planning and Research Area	
PAD 5050 Analytical Methods***	
PAD 5110 Planning***	

4. Legal Area	15
PAD 5020 Legal, Policy, and Ethical Issues in Administration***	
PAD 5060 Human Resource Administration***	
PAD 5360 Administrative Law***	
5. Resolution Area	
PAD 5120 Decision-Making for Leaders***	
PAD 5300 Organizational Communication***	
PAD 5380 Conflict Analysis and Resolution***	
	<b>Total (min.):</b>
	<b>36</b>

\*\*\*For PAD course descriptions, see listings in M.P.A. degree program

## COURSES

### HEALTH, PHYSICAL EDUCATION, AND RECREATION DEPARTMENT (EXER)

#### EXER 5010. Movement and Coaching Physiology (3)

Course will present concepts of exercise and sport physiology in a practical approach based on researched principles of exercise physiology and applied science as it pertains to various grade levels. Movement analysis of the human body will be studied as to variables, exercise responses, training principles, adaptation, problem-criteria, and modalities. Physiological response in every body system will be explored relevant to various age groups and gender.

#### EXER 5020. Exercise, Sport, and Coaching Psychology (3)

Course will examine topics related to the potential for optimal human athletic and exercise performance at various life stages. Areas of study will include functional behavior, behavior modification, psychology of human and work motivation, self-assertion, personality, gender differences, visual and auditory perception, and stages and processes of behavior development and decision-making.

#### EXER 5030. Management and Marketing of PE and Athletic Programs (3)

Course will present a detailed study of marketing principles from the perspective of a school administrator, physical educator, coach, sportsman, athletic director, and/or other related fitness/sports administrators. Specific items of study would include marketing concepts, customer analysis, activity promotion, etc. Management structure and organization will be researched thoroughly. Advertising, public relations, and media strategies will be addressed.

#### EXER 5040. Recreation, Leisure, and Tourism (3)

A comprehensive study of the basic concepts of organized recreation and its philosophy and implementation. An in-depth overview of practices, methods, and processes of leadership, supervision, staff development, etc. as well as a thorough examination and study of the organization and administration of recreation management, logistics, legal issues, etc.

#### EXER 5050. Health, Wellness and Fitness Administration (3)

Course will include in-depth coverage of the dimensions of health, wellness & fitness. The course is intended to provide knowledge and skills that will enable humans to achieve an optimal healthy lifestyle regardless of age or gender. Emphasis will be placed on making correct choices based on sound principles of researched and applied science and human biological study. The course will present the various options, strategies, issues and implications surrounding the bases of human wellness.

#### EXER 5060. Current Issues, Problems, and Trends in PE and Athletics (3)

Course will be designed for formulating, designing, and implementing meaningful research into timely and practical educational issues in physical education and/or athletics. The study of a particular topic(s) of special importance, relevance, and currency to physical educators, athletic directors, coaches, fitness coordinators, department chairs, etc. will be the main theme. Course content may vary with each offering.

**EXER 5070. The Law in PE and Sport (3)**

Course will be a thorough investigation and review of the legal and judicial issues, cases, and history of litigation in physical education and sport. Case research, analysis of law, and current legal issues that apply to physical educators and coaches will be examined in detail. Professional liability, statutory, and landmark cases in movement education will be studied.

**EXER 5990. Capstone Study (3)**

Each student must successfully complete an original, rigorous, and significant research project. The capstone project may be a thesis or take another format, but all projects will be supervised by appropriate Physical Education Department graduate faculty. Any project must have prior approval of the Physical Education Graduate Committee.