

HEALTH AND PHYSICAL EDUCATION (M.A.)
Two 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 Health and 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 in-service 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 Health and 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.

Exercise/Sports Administration Concentration

36

Core Courses

EXER 5010 Health, Fitness, and Exercise Physiology
 EXER 5020 Exercise, Sport, and Coaching Psychology
 EXER 5040 Recreation, Leisure, and Tourism
 EXER 5050 Health, Wellness, and Fitness Administration
 EXER 5060 Current Issues and Trends in Health, PE, and Sport
 EXER 5070 The Law in PE and Sport
 EXER 5080 Facility Design and Management
 EXER 5090 Promotion and Marketing of PE/Sport
 EXER 5100 Leadership and Management in Health, PE, and Sport
 EXER 5110 Conflict Resolution in PE/Sport
 EXER 5980 Research Methodology
 EXER 5990 Capstone Study

**Total
 (minimum):
 36**

Requirements for a Master of Arts in Health and Physical Education:	Sem. Hrs.
Physical Education Licensure Concentration	
Required Courses	36
EDN 5470 Advanced Classroom Management*	
EDN 5480 Advanced Foundations of American Education *	
EDN 5490 Effective Educational Leadership*	
EDN 5660 Applied Educational Research*	
EDN 5650 Applied Philosophy of Education*	
EXER 5010 Health, Fitness, and Exercise Physiology	
EXER 5020 Exercise, Sport, and Coaching Psychology	
EXER 5030 Advanced Teaching Methodologies in Health/PE	
EXER 5050 Health, Wellness, and Fitness Administration	
EXER 5060 Current Issues and Trends in Health, PE, and Sport	
EXER 5070 The Law in PE and Sport	
EXER 5080 Facility Design and Management	
EXER 5990 Capstone Study	
	Total
	(min.): 36

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

COURSES

HEALTH, PHYSICAL EDUCATION, AND RECREATION DEPARTMENT (EXER)

EXER 5010. Health, Fitness, and Exercise Physiology (3 credits)

Course will present concepts of health, fitness, and exercise physiology in a practical approach based on researched principles of human physiology and applied science as it pertains to various grade levels, adults, and seniors. Movement analysis of the human body will be studied as to variables, exercise responses, training principles, adaptation, and modalities. Physiological response of human body system will be explored relevant to wellness and fitness.

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

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. Advanced Teaching Methodologies in Health/PE (3 credits)

This course focuses on health/PE teaching instruction needed for learning, planning, and implementing health and physical education teaching techniques. Students will analyze various teaching models, practical application, and critical reflection.

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

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 credits)

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 and Trends in Health, PE, and Sport (3 credits)

Course will be designed for formulating, designing, and implementing meaningful research into timely and practical wellness issues in health, physical education and/or sports, particularly in K-12 settings. Topics relative to health and physical educators, coaches, fitness coordinators, etc., will be researched and discussed. Society health, fitness, wellness, and athletic concerns will be researched and debated.

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

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 5080. Facility Design and Management (3 credits)

Course will examine basic principles and practices of planning, designing, managing, operation of, maintenance of, security for, scheduling, crowd/risk management, adaptive barriers for, etc of facilities for PE, sport, recreation, health, fitness, etc.

EXER 5090. Promotion and Marketing of PE and Sport (3 credits)

Course will examine promotion and marketing principles such as marketing concepts, ethics, strategies, customer analysis, activity promotion, advertising, publication, sponsorship, endorsements, sales promotion, merchandising, public relations, etc., specific to the perspective of athletic directors, head coaches, school administrators, fitness administrators, etc.

EXER 5100. Leadership and Management in Health, PE and Sport (3 credits)

Course will examine the basic skills and techniques in leadership and management to include, but not limited to, leadership styles, problem-solving, decision-making, planning, budgeting, delegation, communications, self-management, supervision, staffing, accountability, time management, etc. A major part of the course will deal with proper leadership/management in health, PE, and sport issues in K-12 educational settings.

EXER 5110. Conflict Resolution in PE/Sport (3 credits)

Course will address conflict analysis and resolution associated with PE and sport environments. Both team and individual conflict situations will be discussed along with possible solutions. PE teacher/coach resolution and problem-solving methodologies will be covered along with mediation techniques.

EXER 5980. Research Methodology (3 credits)

Course will address graduate-level research design and methodology to include hypotheses, human subject(s) ethics and protocol, data collection, sampling, measurement, statistics, data interpretation, data analysis, etc.

EXER 5990. Capstone Study (3 credits)

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. Must be repeated for credit in consecutive semesters until the final document has been successfully completed and defended.