

# PHYSICAL EDUCATION (PHED)

## 200 Level Courses

**PHED 202:** *Teaching Skillful Movement*. 3 credits.

Provides students with the fundamentals of lesson planning, class management and analysis of teaching in physical education. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 218:** *Technology in Health and Physical Education*. 3 credits.

Introduces technological tools to support K-12 health and physical education instruction in school and online settings. Explores tools such as wearable technology, mobile apps, learning management systems used in the schools, and social media. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 273:** *Net and Target Games*. 3 credits.

Teaches skill, content knowledge and historical perspectives of net and target games. Includes skill progression, strategies, officiating, and authentic assessment in games such as volleyball, golf, tennis, and badminton. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 274:** *Dance and Educational Gymnastics*. 3 credits.

Teaches skills, content knowledge, and historical perspectives of dance and educational gymnastics taught in a K-12 physical education setting. Includes stages of motor development, skill progression, and authentic assessment for a variety of dances and educational gymnastics. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 275:** *Field and Invasion Games*. 3 credits.

Teaches skills, content knowledge, and historical perspectives of field and invasion games. Includes skill progression, strategies, officiating, and authentic assessment in activities such as softball, basketball, soccer, hockey, team handball, flag football, lacrosse and Ultimate Disc. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 276:** *Health-Related Fitness Education*. 3 credits.

Prepares future physical educators to develop, implement, and assess fitness concepts, and strategies to K12 students. Incorporates basic nutritional knowledge needed to live a healthy lifestyle. Requires fitness tests participation. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

## 300 Level Courses

**PHED 306:** *Psychomotor Learning*. 3 credits.

Analyzes psychological aspects, learning theory, and practice conditions for learning motor skills. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 308:** *Adapted Physical Education*. 3 credits.

Introduces strategies and best practices when teaching health and physical education to students with disabilities in public schools. Covers national standards, federal legislation, Individual Educational Plans (IEPs), and developmental inclusion models. Note: Fieldwork experience required. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Recommended Prerequisite:** Cumulative GPA of 2.5, Completed a minimum of 45 credits

**Registration Restrictions:**

**Required Prerequisites:** BIOL 124<sup>C</sup>, 125<sup>D</sup> and PHED 202<sup>C</sup>.

<sup>C</sup> Requires minimum grade of C.

<sup>D</sup> Requires minimum grade of D.

Enrollment limited to students in a Bachelor of Science in Education degree.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 320:** *Student Assessment in Health and Physical Education*. 3 credits.

Examines assessment purposes and introduces different assessment procedures that measure student achievement in the different domains of behaviors in health and physical education. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 330:** *Health and Physical Activity for Classroom Teachers*. 3 credits. Provides future classroom teachers with the knowledge, skills, and dispositions needed to create a healthy and active school environment and help children and youth reach the daily recommended minimum number of minutes of physical activity. Examines school health topics such as nutrition, communication, mental health, and safety promotion. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 340:** *Social and Cultural Issues in Physical Education*. 3 credits. Studies contemporary and historical perspectives on socio-cultural and philosophical issues influencing American public schooling and physical education teacher preparation, including race, culture, ethnicity, nationality, globalization, socioeconomic status, gender, sexuality, ability, obesity, and urbanization. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Mason Core:** Mason Core, Writing Intensive in Major (<https://catalog.gmu.edu/mason-core/>)

**Schedule Type:** Lecture**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 360:** *Sport Based Youth Development*. 3 credits.

An interdisciplinary examination of current trends and issues in youth sport, with a focus on non-school based community programs. Emphasis is placed on the structural characteristics of sport and physical activity programs as they pertain to proper development of children and adolescents. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts. Equivalent to SRST 360.

**Schedule Type:** Lecture**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**400 Level Courses**

**PHED 403:** *Elementary School Instruction in Physical Education*. 3 credits. Covers content, knowledge, and teaching methods for elementary physical education. Requires field experience. Must be taking within one year of student teaching. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Recommended Prerequisite:** PHED 273, 274, 275, and PHED 306. Cumulative GPA of 2.5, Completed a minimum of 45 credits.

**Recommended Corequisite:** PHED 273, 274, 275, and PHED 306

**Registration Restrictions:**

**Required Prerequisites:** BIOL 124<sup>C</sup>, 125<sup>D</sup> and PHED 202<sup>C</sup>.

<sup>C</sup> Requires minimum grade of C.

<sup>D</sup> Requires minimum grade of D.

Enrollment is limited to students with a major in Physical Education.

Enrollment limited to students in a Bachelor of Science in Education degree.

**Schedule Type:** Lecture**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 404:** *Middle and High School Instruction in Physical Education*. 3 credits.

Examines school curriculum content, and teaching practices appropriate for middle and high school physical education programs. Requires field experience. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Recommended Prerequisite:** PHED 273, 274, 275, & 306. Cumulative GPA of 2.5, Completed a minimum of 45 credits

**Recommended Corequisite:** PHED 273, 274, 275, & 306

**Registration Restrictions:**

**Required Prerequisites:** BIOL 124<sup>C</sup>, 125<sup>D</sup> and PHED 202<sup>C</sup>.

<sup>C</sup> Requires minimum grade of C.

<sup>D</sup> Requires minimum grade of D.

Enrollment is limited to students with a major in Physical Education.

Enrollment limited to students in a Bachelor of Science in Education degree.

**Schedule Type:** Lecture**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 415:** *Student Teaching in Physical Education*. 12 credits.

Provides supervised clinical experience for a full semester in approved schools. Requires experiences in elementary and secondary school settings. Includes participation in pre-service workshop and related activities, and weekly seminars. Note: Completion of all Mason Core and program coursework, and acceptance into Student Teaching are required. PHED 415 must be completed within 5 years of PHED 202. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Mason Core:** Mason Core, Mason Apex (<https://catalog.gmu.edu/mason-core/>)

**Registration Restrictions:**

**Required Prerequisites:** ((ATEP 300<sup>D</sup>, 300<sup>XS</sup> or 300<sup>XP</sup>) and (BIOL 124<sup>C</sup> or 124<sup>XS</sup>) and (BIOL 125<sup>D</sup>, 125<sup>XS</sup> or 125<sup>XP</sup>) and (EDRD 300<sup>D</sup>, 300<sup>XS</sup> or 300<sup>XP</sup>) and (EDUC 302<sup>D</sup>, 302<sup>XS</sup> or 302<sup>XP</sup>) and (HEAL 110<sup>D</sup>, 110<sup>XS</sup> or 110<sup>XP</sup>) and (HEAL 200<sup>D</sup>, 200<sup>XS</sup> or 200<sup>XP</sup>) and (HEAL 405<sup>C</sup> or 405<sup>XS</sup>) and (KINE 310<sup>D</sup>, 310<sup>XS</sup> or 310<sup>XP</sup>) and (PHED 202<sup>C</sup> or 202<sup>XS</sup>) and (PHED 218<sup>D</sup>, 218<sup>XS</sup> or 218<sup>XP</sup>) and (PHED 273<sup>D</sup>, 273<sup>XS</sup> or 273<sup>XP</sup>) and (PHED 274<sup>D</sup>, 274<sup>XS</sup> or 274<sup>XP</sup>) and (PHED 275<sup>C</sup>, 275<sup>XS</sup> or 275<sup>XP</sup>) and (PHED 276<sup>D</sup>, 276<sup>XS</sup> or 276<sup>XP</sup>) and (PHED 306<sup>D</sup>, 306<sup>XS</sup> or 306<sup>XP</sup>) and (PHED 308<sup>C</sup>, 308<sup>XS</sup> or 308<sup>XP</sup>) and (PHED 320<sup>D</sup>, 320<sup>XS</sup> or 320<sup>XP</sup>) and (PHED 340<sup>D</sup>, 340<sup>XS</sup> or 340<sup>XP</sup>)).

340<sup>XP</sup>) and (PHED 403<sup>C</sup> or 403<sup>XS</sup>) and (PHED 404<sup>C</sup> or 404<sup>XS</sup>) and (PRLS 316<sup>D</sup>, 316<sup>XS</sup> or 316<sup>XP</sup>) and (RMGT 316<sup>D</sup>)).

<sup>D</sup> Requires minimum grade of D.

<sup>XS</sup> Requires minimum grade of XS.

<sup>XP</sup> Requires minimum grade of XP.

<sup>C</sup> Requires minimum grade of C.

**Schedule Type:** Internship

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 499: Independent Study in Physical Education and Fitness.** 1-3 credits.

Study of a problem area in physical education research, theory, or practice under direction of faculty member. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Recommended Prerequisite:** Completion of 90 hours and Permission of Chair.

**Registration Restrictions:**

Enrollment is limited to students with a major in Health Education, Health, Fitness Rec Resrcs, Individualized Study, Nursing, Physical Education (Special), Physical Education or Parks, Rec, Leisure Studies.

**Schedule Type:** Independent Study

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

## 600 Level Courses

**PHED 660: Research Reading Seminar in Physical Education.** 3 credits.

Provides an overview of the current and past research in the field of physical education through an in-depth analysis, synthesis, and discussion of research. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to students with a concentration in ASTL-Physical Education.

Enrollment limited to students in a Master of Education degree.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 670: Analysis of Teaching in Physical Education.** 3 credits.

Presents variety of research techniques for studying teacher and learner behaviors in physical education, engaging the teacher as researcher and grant writer. Goal is to prepare teachers to be leaders in their field. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 672: Curriculum and Assessment in Physical Education.** 3 credits.

Provides knowledge of curriculum models and assessment strategies in standards-based physical education program. Studies curriculum models such as sport education and adventure education. Examines traditional and alternative assessment. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 673: Motor Development for Special Populations.** 3 credits.

Provides knowledge that focuses on individuals with orthopedic, sensory, and learning disabilities in physical education setting. Areas of focus include development of motor patterns and skills assessment, and planning and instruction for students with disabilities. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 680: Mentoring and Supervising in Physical Education.** 3 credits.

Prepares mentors and supervisors of preservice and in-service teachers in physical education. Topics include professional dispositions, assessment and evaluation, adult learners, counseling and communication, providing feedback, and reflection and inquiry into the profession. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Recommended Prerequisite:** PHED 670.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

## 800 Level Courses

**PHED 860:** *Doctoral Research Reading Seminar in Physical Education*. 3 credits.

Provides an overview of the current and past research in the field of physical education through an in-depth analysis, synthesis, and discussion of research. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May be repeated within the degree for a maximum 6 credits.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy or Graduate.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 870:** *Analysis of Teaching in Physical Education*. 3 credits.

Presents a variety of research techniques for studying teacher and learner behaviors in physical education, and engaging teachers as researchers and grant writers. Prepares teachers to be leaders in their field. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy or Graduate.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 872:** *Curriculum and Assessment in Physical Education*. 3 credits.

Covers various curriculum models and assessment strategies that reflect appropriate practices in a standard-based physical education program. Examines the different models through theoretical and professional readings that convey research results and practitioners' experience with the models. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy or Graduate.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

**PHED 880:** *Mentoring and Supervision in Physical Education*. 3 credits.

Prepares mentors and supervisors of preservice and in-service teachers in physical education. Covers topics such as professional dispositions, assessment of performance, adult learners, counseling and communication, providing feedback, and reflection and inquiry into the profession. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy or Graduate.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)