

# PHYSICAL EDUCATION (PHED)

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## 100 Level Courses

**PHED 184:** *Historical Swordsmanship*. 1 credit.

Introduces Historical European Martial Arts of Swordsmanship. Offers fundamentals in footwork and body mechanics needed in the sport including sparring with protective gear and using 15th century Longsword and 17th century rapier are included. Notes: Open to all majors. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 3 credits.

**Schedule Type:** Laboratory

**PHED 199:** *Introduction to Health and Physical Education*. 1 credit.

Uses best practices to introduce to potential teacher candidates current health and physical education teaching issues. Introduces terminology specific to teaching, and concepts such as standards of learning, planning, assessment, curriculum developments, and risk management. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

## 200 Level Courses

**PHED 200:** *Professional Dimensions of Health, Recreation, and Physical Education*. 3 credits.

Traces historical foundations of health, recreation, physical education, and sport. Notes: Open to nonmajors. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

**PHED 201:** *Developmental Motor Patterns*. 3 credits.

Analyzes motor-skill development and prescription of activities from immature to mature stages. This course must be complete within 5 years of student teaching. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

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

Covers planning and presenting lessons on numerous motor skills using varied teaching strategies in a peer teaching setting. This course must be complete within 5 years of student teaching. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

**PHED 218:** *Technology in Health and Physical Education*. 2 credits.

Develops technology skills to support health and physical education instruction in school settings. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

**PHED 230:** *Asian Martial Arts: Origin and Development*. 3 credits.

Introduction to martial arts of East, South, and Southeast Asia. Lectures address martial arts from a historical, philosophical, biographical, warfare, and sport perspective. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

**PHED 273:** *Net and Target Games*. 2 credits.

Skill and content knowledge in net and target games. Includes skill progression, strategies, officiating, and authentic assessment in games such as volleyball, golf, tennis, and badminton. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

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

**Schedule Type:** Lecture

**PHED 274:** *Dance and Educational Gymnastics*. 2 credits.

Skill and content knowledge in dance, rhythms, and educational gymnastics. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

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

**Schedule Type:** Lecture

**PHED 275:** *Field and Invasion Games*. 2 credits.

Skill and content knowledge in field and invasion games. Includes skill progression, strategies, officiating, and authentic assessment in activities such as softball, basketball, soccer, field events, and Ultimate Disc. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

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

**Schedule Type:** Lecture

**PHED 276:** *Health-Related Fitness Education*. 2 credits.

Prepares future physical educators to develop, implement, and assess fitness concepts, and strategies to K12 students. Requires fitness tests participation. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

## 300 Level Courses

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

Analyzes psychological aspects, learning theory, and practice conditions for learning motor skills. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

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

Introduces disabilities in public schools. Covers national standards, federal legislation, IEPs, and developmental inclusion models. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

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

**PHED 320:** *Student Assessment in Health and Physical Education*. 2 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 Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

**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 Recreation, Health & Tourism. May not be repeated for credit.

**Specialized Designation:** Writing Intensive in the Major

**Schedule Type:** Lecture

**PHED 364:** *Strength Training: Concepts and Applications*. 3 credits. Provides students with an opportunity to develop an in-depth understanding of the principles of strength training and conditioning, including anatomical and physiological considerations, lifting techniques, equipment selection, program development and evaluation, and weightlifting safety. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to KINE 360.

**Recommended Prerequisite:** BIOL 124 and 125.

**Schedule Type:** Lecture

**PHED 365:** *Measurement and Evaluation of Physical Fitness*. 3 credits. Covers selection, administration, evaluation, and construction of measurements and evaluation instruments and techniques in physical education. Also covers statistical analysis of data and survey of selected instruments. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to KINE 370.

**Recommended Prerequisite:** BIOL 124 and 125.

**Schedule Type:** Lecture

## 400 Level Courses

**PHED 403:** *Elementary School Instruction in Physical Education*. 3 credits. Covers content, knowledge, and teaching methods for K-6 physical education. Requires field experience. Must be taken within one year of student teaching. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Recommended Prerequisite:** PHED 273, 274, 275, and PHED 306 (may be taken concurrently).

**Registration Restrictions:**

**Required Prerequisites:** PHED 201<sup>C</sup> and 202<sup>C</sup>.

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

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

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

Examines school curriculum, assessment, content, and teaching practices for middle and high school physical education programs.

Requires field experience. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

**Required Prerequisites:** PHED 273<sup>D</sup>, 275<sup>D</sup>, 306<sup>D</sup>, 403<sup>D</sup>, 274<sup>D</sup>, KINE 200<sup>D</sup> and PHED 276<sup>D</sup>.

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

Enrollment is limited to students with a major in Exercise, Fitness Health Promo, Health Education, Health, Fitness Rec Resrcs, Physical Education or Parks, Rec, Leisure Studies.

**Schedule Type:** Lecture

**PHED 410:** *Social/Psychological Aspects of Health and Fitness*. 3 credits. Covers research, trends, and techniques of health and fitness from a behavioral perspective. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 6 credits.

**Schedule Type:** Lecture

**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. requirements. 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. PHED 415 must be completed within 5 years of PHED 201 and 202. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Mason Core:** Capstone

**Registration Restrictions:**

**Required Prerequisites:** ATEP 120<sup>D</sup>, 300<sup>D</sup>, BIOL 125<sup>D</sup>, EDRD 300<sup>D</sup>, EDUC 302<sup>D</sup>, HEAL 110<sup>D</sup>, 200<sup>D</sup>, 220<sup>D</sup>, 310<sup>D</sup>, 325<sup>D</sup>, 405<sup>C</sup>, KINE 310<sup>D</sup>, 320<sup>D</sup>, PHED 199<sup>D</sup>, 218<sup>D</sup>, 308<sup>C</sup>, 320<sup>D</sup>, 340<sup>D</sup>, 404<sup>C</sup> and PRLS 316<sup>D</sup>.

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

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

**Schedule Type:** Internship

**PHED 480:** *Special Topics*. 1-3 credits.

See course description in the Schedule of Classes. Selected topics reflect interest in specialized areas of exercise science or health promotion. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

**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 Recreation, Health & Tourism. May not be repeated for credit.

**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

## 600 Level Courses

**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 Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, 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

**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 Recreation, Health & Tourism. May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, 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

**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 Recreation, Health & Tourism. May not be repeated for credit.

**Recommended Prerequisite:** PHED 670.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, 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

**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 Recreation, Health & Tourism. May not be repeated for credit.

**Recommended Prerequisite:** PHED 670.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, 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