

Department of Physical Education, Wellness, and Sport

School of Education and Human Studies

Faculty

(1980). University Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Kentucky; D.A., Middle Tennessee State University. Additional study, United States Sports Academy.

(1973). Professor of Physical Education and Director of Athletics. B.S., Union University; M.Ed., University of Memphis; Ed.D., University of Southern Mississippi.

(1996). Instructor of Physical Education. B.S., David Lipscomb University; M.Ed., Union University.

(1994). Assistant Professor of Physical Education. B.S., Union University; M.S., University of Memphis; Additional study, University of Memphis and Middle Tennessee State University.

(2001). Instructor of Athletic Training and Clinical Program Director. B.S., Southern Illinois University; M.S., University of Louisiana, Monroe.

the department is meaningful use of leisure under the concept of wellness. Prescription programs are emphasized in exercise/wellness. Education of sport management students includes moral and ethical responsibility in the business of sport.

Education of athletic trainers includes preventive measures and rehabilitation techniques (care) of athletic injuries. The program is taught with an extensive clinical requirement. Upon graduation with the Bachelor of Science and the Athletic Training major, the student is eligible to sit for the NATABOC, athletic training certification examination.

Knowing education is a continuous process, the program should create and maintain an environment through movement experiences where values clarification and ex-

- D. AT 365, 375, 465, 475
- E. General/B.S. Core requirements: BIO 221-2; BIO 322; CHE 105 or 111; PHY 213.
- A. Core for all majors—PEWS 201, 343, 419, 421, 435 (6 hours); ACC 211; ECF 323; MGT 250, 318, 348; MKT 328; COM 120 or 323—39 hours
- B. Sport Marketing Emphasis—12 hours
 - 1. PEWS/MKT 340, 425
 - 2. MKT 330, 433
- C. Sport Communication Emphasis—12 hours
 - 1. PEWS/MKT 341; COM 360; PEWS/COM 205
 - 2. COM 220 or 230
- D. Sport Ministry Emphasis, with modified core—54 hours
 - 1. Major core (A., above) modifications
 - a. Substitute CHR 113, 231, 243, and 333 for ACC 211 and ECF 323.
 - b. COM 120 and 323 are both required.
 - c. PEWS 435 must be taken for a minimum of 4 hours
 - 2. Required: PEWS 251, 300, and 400
 - 3. Choose one: PEWS 231, 250, 317, 331, 425

MINORS

The Department offers minors in Physical Education, Health Education, and Athletic Coaching. The Department with the Department of Christian Studies offers the minor in Christian Ministries/Recreation. Some minors are noted to satisfy an add-on endorsement to a valid Tennessee Teacher License; check with the Director of Teacher Education for additional information.

- A. PEWS 201, 222, 414, 416, 419—15 hours.
- B. Select 6 Electives from PEWS courses.

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- A. PEWS 120, 130, 201, 222, 316, 410, 414, 416, 419.
- B. BIO 221 or 222; EDU 421.
- C. Completion of applicable portions of the Praxis II series.
- D. For additional information, see the Director of Teacher Education.

- A. Open only to non-PEWS majors.
- B. PEWS 218, 414, 415, 419, 421.
- C. Choose 6 hours from PEWS 351, 352, 353, 354.

- A. PEWS 113, 222, 301, 322, 324, 325, 327
- B. BIO 221 or 222; PSY 318; SE 225; EDU 421.
- C. Completion of applicable portions of the Praxis II series.
- D. For additional information, see the Director of Teacher Education.

Mission Statement

The Department of Physical Education, Wellness, and Sport hopes to instill in its student majors a lifetime desire to help others gain in total health through the medium of human movement. Curriculum is designed accordingly.

For the entire student body, our task is to introduce them to knowledge and skills in order to develop a healthy lifestyle for optimum living.

Assessment of Majors

Physical Education majors are required to take a written exit examination the semester prior to or during the semester of graduation. This will consist of an equivalent form exam with questions furnished by all members of the department according to their area of emphasis. The exit exam is a general, broad-based test, covering the major areas of professional preparation and requiring a minimal mastery level of 70% correctness.

Student Organization

Elementary principles of nutrition and their application to the individual and the family.

An introduction to skills, proper dress, safety, and conditioning techniques; application of skills learned through a week-long field trip.

6

An introduction to canoeing and white water rafting to develop skills, enhance the enjoyment of both sports, and provide proper instruction in the areas of safety.

Blocks, kicks, strikes, and punches and necessary stances for their execution will be taught to develop skill, strength, and general health. Instruction will be primarily by demonstration.

Fundamental skills, rules, techniques, and strategy of team sports.

The fundamentals of golf: basic strokes, strategies, rules, and etiquette as taught for skill development and health values. Instruction primarily by demonstration.

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An introduction to the basics of weight training as a method of gaining strength. Includes proper techniques, safety, benefits and risks. Taught by demonstration and participation.

An introduction to open water scuba diving and snorkeling including safety procedures, technique, and equipment use and care. Scuba certification is possible upon completion.

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An advanced level course designed to teach advanced skills and techniques for tennis as taught through conditioning, drills and match play.

An overview of the industry, including the history of event coverage of print and electronic media. Topics to include fundamentals of sport coverage, broadcast rights and contracts and their effects on revenue stream, analysis of great broadcasters. Reciprocal with COM.

Theory and practice in treating the more common injuries in physical education and athletic activities. Attention will be given to massage; bandaging; treatment of sprains, bruises, and wounds; diet; and conditioning of athletes. Experience in the training room will be given.

An in-depth study into the nature of injury and the immediate care required of the First Aid. Bandaging and cardio-pulmonary resuscitation will be studied carefully as well as all general First Aid practices. Students completing the course will be awarded the National Safety Council Green Cross Certificate.

An introduction to outdoor activities: camping, hunting, backpacking, field safety, survival, wildlife management, conservation. Includes outdoor exercises, such as skeet shooting, compass reading, archery, and rifle range. Stresses outdoor ethics and responsibility. The Tennessee Hunter Safety program is included; upon completion, the student will receive state certification.

A course preparing students to lead in outdoor recreation activities; campcraft skills, safety, and techniques will be taught for the beginning camper as well.

An introduction to sports medicine with emphasis on the global approach to sports medicine and contemporary topics. Special attention will be given to the basis of sports medicine, physiology of activity.

A foundations course in recreation, introducing students to the nature and philosophy of recreation. A major part or project will be a study of Southern Baptist literature from the Church Recreation Department. General programs of recreation will be studied.

High and low organizational games classified according to age levels for playground and recreation. Special activities and recreation for large groups, drama, indoor/outdoor games, songleading, storytelling, and mixers for the first half of the semester. Includes an on-campus practicum.

Reciprocal credit: SOC 300.

Planning, organizing, and directing a coordinated program of recreation within a school. Attention is given to units, time, activities, points, awards, rules, finances, publicity, co-recreation, and administrative problems.

Techniques and mechanics of officiating and interpreting the official rules of major sports. This course will prepare you for membership in local and state officials' associations.

Aims, methods, and materials for teaching health in Grades 1-12. Includes the study of human relations in mental hygiene, family relations, and community relations.

A broad introductory health course focusing on the care of the body health-wise looking at fitness, drugs, nutrition, diet and weight control, disease control and treatment, along with structure and function.

An opportunity for the student to participate in individual or group study in specialized problems identified in family health.

Problems of sanitation, water supply, waste disposal, insect and rodent control, sanitary control of milk and foods, school and restaurant sanitation, and inspection services. Emphasis is on problems in house heating, ventilation, lighting, and other community health problems.

Practical methods and resources for recreation practitioners. Attention will be given to conducting recreational programs, creativity, and a variety of recreation projects.

Prerequisite: MKT 328. Reciprocal credit: MKT 340.

Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund-raising, and journalism will be explored in relation to sports.

Prerequisite: MGT 318 and MAT 114. Reciprocal credit: MKT 341.

The study of operations management incorporates both theoretical and practical elements. Topics include the design, operation, and control of productive systems, demand forecasting and management, inventory timing and control, facility location, and resource assignment.

Planning of areas and facilities related to physical education, recreation, and athletics. The course addresses topics related to selecting, purchasing, and maintaining equipment.

Reciprocal credit: MGT 343.

See MGT 343 for course description.

A practical activity course to instruct the student in modern methods of movement education through the use of rhythmic activities.

Modern techniques of coaching and training in the sport of football.

Theory and practice in the fundamentals of men's and women's basketball designed to benefit teachers going into the coaching field.

Modern techniques of coaching and training in the sport of baseball.

This course is designed to acquaint students with the fundamentals and strategy utilized in coaching the sports of volleyball and softball and to benefit teachers going into the coaching field and others planning a career in recreation/church recreation.

Design and implementation of instruction in elementary school physical education with attention to curriculum content and current problems and practices in the field including physical intelligence, movement education, rhythms, motor learning, personal health and safety and first aid, national standards, inclusion, diversity, integration with other subjects, faith and ethics.

A study of the development of a code of ethics in sport management including the effect of relativism and rationalism on ethical behavior, personal moral development levels, and the effects of personal ethics on organizational responsibility. Reciprocal with CHR.

188 A course to acquaint the student with physical education techniques and procedures involved in teaching typical and atypical students.

A course designed to provide prospective teachers of Adaptive Physical Education experiences in working with special populations. A minimum of 140 clock hours, to include orientation, seminars, and other duties deemed necessary by supervisor is required.

Prerequisite: BIO 221 or 222.

A study of the human musculature and the body's structural relationship to exercise and skilled motor performances.

Prerequisite: BIO 221 or 222.

Physiological changes which occur during and after physical activity including circulatory, respiratory, endocrine, and nervous systematic adjustments.

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A course to acquaint the prospective teacher with basic statistical procedures, use of standardized tests, norms, screening tests, grading procedures, and test construction for skills and lecture materials pertaining to health and physical education. MAT 114 recommended before taking this course.

Administrative problems in a department of physical education in the city school system, rural districts, elementary and high schools and colleges.

Prerequisite: PSY 213. Reciprocal credit: PSY 422.

Applying basic psychological principles to coaching situations. Designed to aid coaches in motivation, communication, and coaching methods other than skills development.

Contemporary trends and controversial issues in sport with an emphasis on finance, management, ethics, sociology, marketing and legal issues. Includes an ongoing review of sport business journals and publications as well as event coverage.

A full semester in a local church recreation program, YMCA or FCA. The student will direct a lock-in, organize a day camp program, survey for recreation needs, conduct a special recreation day, etc. The student will keep a log of his/her activity, write a major paper and spend 6 hours per week on site.

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Internship opportunities under appropriate supervision for a specified time, with specific requirements determined by the department supervisor(s). 35 hours internship experience (minimum of 140 hours) required for each hour of credit. Prerequisite: Junior standing and consent of the department.

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Prerequisite: PEWS 415, 416.

A study of the controlled use of exercise to evaluate the fitness level, especially the cardiovascular function of persons, specifically those in middle and older age groups. Emphasis will be placed on the scientific basis of recommending exercise programs as a prevention of heart disease. Concepts of exercise testing and prescription will follow the guidelines of the American College of Sports Medicine.

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* Physical Activity Courses applicable to the General Core Curriculum

Athletic Training Major and Program

Mission Statement

The mission of the Athletic Training Education Program is to prepare highly effective Athletic Training professionals within an environment of medical science and Christian faith. In accordance with Tennessee state code an Athletic Trainer is a person, who upon the advice, consent and oral or written prescriptions or referrals of a physician carries out the practice of prevention, recognition, evaluation, management, disposition, treatment, or rehabilitation of athletic injuries. By providing a quality didactic and clinical education experience to our students, we will prepare them for advanced education or an entry level career in athletic training.

Admission to the Athletic Training Education Program (ATEP)

Applicants must apply for program entrance by _____ before the Fall Semester they anticipate entering the ATEP and AT 360. Each must meet minimum criteria described below. Program size is limited by the Committee on Accreditation of Allied Health Education Programs (CAAHEP) standards; consequently, admission is competitive in nature. Union University makes every effort to accommodate applicants with disabilities. Technical standards have been established for the profession of Athletic Training and are published in the Union University *Student Trainer Handbook*. The applicant's ability to meet these standards will be evaluated as part of the Health History and Physical Examination described in item five below.

1. Admission to Union University.
2. PEWS 218 & 240 with a 3.0 average.
3. AT 265 & 275 with a 2.5 average. Students may meet this requirement with 300 hours AT Experience with high risk sport supervised by a certified AT in the

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Pre/Corequisites: PEWS 218, 222, 240; AT 360, 361.

Primarily laboratory based instruction covering the hands-on psychomotor skills presented in AT 361. Students will be evaluated on their ability to apply knowledge gained in 361 as well as new material presented in this course.

Prerequisite: AT 361.

Advanced training for the care of common athletic injuries of the lower body.

Prerequisites: AT 365, 370.

Further instruction in lower body evaluations and therapeutic modalities. Includes skill evaluation as taught in course and in AT 360, 370.

Integrates pharmacologic applications, organized by body systems, with general medical conditions and disabilities of those involved in physical activity.

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Further instruction in exercise rehabilitation techniques and AT management. Includes skill evaluation as taught in course and in AT 450, 460. Includes off campus clinical to develop skills in working with athletic injuries.

Prerequisites: AT 455, 465.

Further instruction in pharmacology and general medical conditions. Includes skill evaluation as taught in course and in AT 455.

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Available in each departmental prefix.

All courses and their application must be defined and approved prior to travel.

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Lower-level group studies which do not appear in the regular departmental offerings.

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Upper-level group studies which do not appear in the regular departmental offerings.

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Individual research under the guidance of a faculty member(s).

To be used at the discretion of the department.