

**Department of Physical Education, Wellness, and Sport**  
**School of Education and Human Studies**

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**Faculty**

**Linn M. Stranak** (1980). University Professor of Physical Education and Department

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 experiential learning occur; leadership develops; a serving attitude, lifestyle, and commitment are fostered; and problem-solving opportunities exist.

## **MAJORS**

The Department offers majors in Physical Education leading to Tennessee Teacher Licensure, Athletic Training, Exercise Science/Wellness under Sports Medicine; and Sport Marketing and Sport Communication under Sport Management. The Physical Education Major requires the completion of the Professional Education Minor as noted below. Athletic Training, Sports Medicine and Sport Management are exempt from the requirement for a minor. The Department of PEWS, with the Department of Christian Studies,

- 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 modified: PEWS 201, 343, 419, 421, 435 (4 hours); MGT 250, 348; COM 120, 323; CHR 113, 231, 243, 333—39 hours
  - 2. Prerequisites: MAT 114, MGT 318
  - 3. Emphasis: PEWS 251, 300, 400
  - 4. 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.

- I. **Minor in Physical Education—21 hours**
  - A. PEWS 201, 222, 414, 416, 419—15 hours.
  - B. Select 6 Electives hours from PEWS.
- II. **Minor in Physical Education (add-on teaching endorsement, PE Grades K-12)—23 hours**
  - 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.
- III. **Athletic Coaching—21 hours**
  - A. Open only to non-PEWS majors.
  - B. PEWS 218, 414, 415, 419, 421.
  - C. Choose 6 hours from PEWS 351, 352, 353, 354.
- IV. **Health Education—21 hours: PEWS 113, 222, 301, 322, 324, 325, 327.**
  - V. **Health Education (add-on teaching endorsement, Health Grades K-12)—21 hours.**
    - 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.

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## 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**

**Sigma Delta** is an academic fraternity that desires to improve scholarship and professional development among physical education students. Membership is open to any student attending Union who is seeking a degree (major or minor) in physical education or related field. To be eligible, a student must have completed at least one semester of college work with a 2.75 overall GPA and 3.25 in physical education.

### **Student Awards**

The **Academic Excellence Medal** is awarded to the graduating senior with the highest average in the major provided the average is not less than 3.5. Before Awards Day, the student must have completed at least 15 credit hours in the major at Union Univer-

**\*110. Volleyball (1) W****\*111. Badminton (1) F, W****113. Elementary Nutrition (3) S**

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

**\*115. Snow Skiing (1) W**

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

**\*116. Canoe and White Water Rafting (1) S**

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.

**\*117-27. Karate I (1) F, S and Karate II (1) S**

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.

**\*119. Archery (1) W****120. Team Sports (1) F**

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

**\*121. Golf (1) F**

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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**\*122. Weight Training (1) S**

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.

**\*125. Scuba Diving (1) S**

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

**\*126. Advanced Tennis (1) F**

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

**130. Individual-Dual Sports (1) S**

Fundamental skills, rules, techniques and strategy of individual-dual activities to include bowling, wallyball, golf, horseshoes, table tennis, gymnastics stunts and tumbling, and wrestling.

**201. Introduction to Physical Education and Sport (3) S**

The historical background, general scope, principles, philosophy, and objectives of health and physical education in its relationship to education as a whole.

**\*203. Lifeguard Training (1) S**

A course to provide the strong swimmer with the knowledge and skills designed to save his/her own life or the life of another in the event of emergency.



**319. Officiating Major and Minor Sports (2) S—Even Years**

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.

**322. School Health Education (3) F—Odd Years, Su**

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.

**324. Personal Hygiene (3) F, S, Su**

A

**352. Coaching Basketball (2) F—Even Years**

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

**353. Coaching Baseball (2) S—Odd Years**

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

**354. Coaching Volleyball and Softball (2) Even Years**

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.

**359. Instructional Design IX: Integrating Movement into Classroom Instruction (2) S**

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.

**400. Ethics in Sport (3) S—Odd Years**

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.

**410. Adaptive Physical Education (3) S**

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

**180 411. Practicum: Adaptive Physical Education (4) F, S**

A course designed to provide 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.

**414. Kinesiology (3) F**

Prerequisite: BIO 221 or 222.

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

**415. Physiology of Exercise (3) S**

Prerequisite: BIO 221 or 222.

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

**416. Tests and Measurements in Health and Physical Education (3) F**

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.

**419. Organization and Administration of Physical Education and Sport (3) F**

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

**421. Sport Psychology (3) S—Even Years**

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.



**425. Current Issues in Sport (3)**

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.

**431. Church Ministry Internship/Field Experience (3) As Needed**

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.

**435. Intern (1-6) F, W, S, Su**

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.

**461. Exercise Testing and Prescription (3) S**

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.

\* 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.

The Athletic Training Program of Union University is accredited by the Commission on Accreditation of Allied Health Education Programs.

**Admission to the Athletic Training Education Program (ATEP)**

Applicants must apply for program entrance by **April 1** 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 year preceding program application. Requires demonstration of formal instruction and clinical experience in the basic clinical proficiencies as covered in AT 265 & 275 and documentation by the supervising AT.
4. Cumulative GPA of 2.5.
5. Fully completed program application form and ATEP Health History & Physical Examination Form. Documentation of immunizations must include a tetanus booster within the past 10 years, an acceptable Hepatitis B titer, and evidence of Rubella immunization. Documentation of a negative screen for tuberculosis within the past 12 months is also required. Both forms are available from and submitted to the ATEP Director.
6. CPR certification/Professional Rescuer must be maintained throughout.
7. Participation in AT clinicals requires proof of liability insurance.

Applicants meeting the above minimum criteria may be invited for personal interview whereby the student will become acquainted with the ATEP. The interview Committee will be given opportunity to evaluate the student's potential for athletic training education in further consideration of their admission to the program.

### **Course Offerings in Athletic Training (AT)**

( ) Hours credit; F–Fall; W–Winter; S–Spring; Su–Summer

#### **265. Athletic Training Clinical I (3) F**

Pre/Corequisite: PEWS 218, 222, 240.

Instruction in first aid and basic athletic training concepts, introduction to athletic training room environment, begins development of skills in working with acute athletic injuries. Includes skill evaluation from PEWS 218 and 222 as well as course material.

#### **275. Athletic Training Clinical II (3) S**

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

Primarily laboratory based instruction covering the hands-on psychomotor skills presented in AT 360. Students will be evaluated on their ability to apply knowledge gained in 360 as well as new material presented in this course.

#### **350. Administration of Athletic Training Program (3) S**

An overview of managerial skills necessary for an effective Athletic Training program including record keeping, group organization and recruitment, athletic training room design, scheduling and insurance procedures.

#### **360. Therapeutic Modalities (3) F**

Prerequisite: PEWS 218.

A detailed study of the therapeutic modalities normally utilized by athletic trainers to treat sports-related injuries. Students will be exposed to a wide variety of clinical techniques utilized by sports medicine. Students will be required to demonstrate both practical and theoretical knowledge of these modalities.

#### **361. Upper Body Evaluation and Treatment in Athletic Training (3) F**

Prerequisite: PEWS 218, 414, BIO 221.

A study of the signs, symptoms, and mechanics of sports injuries, and current methods of treatment for these injuries.

**365. Athletic Training Clinical III (3) F**

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

Primarily laboratory based instruction covering the hands-on psychomotor skills pre-