

**Linn M. Stranak** (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.

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

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

**Sarah Davenport** (2005). Instructor of Athletic Training. B.S., Union University; M.Ed., Auburn University.

**Kelly Elliott** (2004). Assistant Professor of Physical Education. B.A., King College; M.A., East Tennessee State University; M.Ed., University of Louisville.

**Gary Johnson** (1994). Associate Professor of Physical Education. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

**Cliff Pawley** (2001). Assistant Professor of Athletic Training and Program Director. B.S., Southern Illinois University; M.Ed., University of Louisiana, Monroe; Additional study, University of Memphis.

**Julie Powell** (1995). Assistant Professor of Sport Management. B.S. and M.Ed., Union University; Additional study, University of Memphis.

**Andy Rushing** (1988). Assistant Professor of Physical Education and Director of Athletic Facilities and Fields. B.S., Union University; M.S., University of Memphis. Additional study, United States Sports Academy.

**Ralph Turner** (1994). Instructor of Physical Education. B.S., David Lipscomb University; M.S., Tennessee State University.

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.

The Department believes physical education to be that part of the total educational program which adds its unique contribution through the medium of activity or movement. The Department emphasizes the acquisition of motor skills as of value for lifetime physical recreation activities, the development of socially desirable habits and attitudes, and knowledge, which contribute to the overall aims of education.

Aims of the Department are: to develop physical skills for lifetime use; to develop scientific knowledge and at-



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, 327; and 3 hours from: PSY 330, 328, 421.**

**V. Health Education (add-on teaching endorsement, Health K-12)—18 hours.**

A. PEWS 113, 222, 301, 322, 324, 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.

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.

**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.

The **Fred DeLay Memorial Award**, established by the late Mr. DeLay in memory of his father, is presented to the honor athlete of the Senior Class. The recipient must be, in addition to being the outstanding athlete, a person of high academic standing, unquestionable loyalty, and good character. Mr. DeLay was Head of Athletics 1937-1945 and 1948-1949.

( ) Hours Credit; F-Fall; W-Winter; S-Spring; Su-Summer

**100. Fitness for Health (1) F, W, S**

The effects of good personal fitness on each individual, of fitness training on the various systems of the body and how the body responds to exercise will be areas of emphasis. Includes lecture and selected physical activities which are designed to aid each student in achieving a greater degree of total body fitness.

**\*103. Beginning Swimming (1) F, S**

A course to equip the non-swimmer with basic water safety skills and knowledge in order to make him/her reasonably safe while in, on, or about water.

**\*104. Racquetball (1) F, W, S**

Beginning skills, rules and strategy. A life-time sport that will focus on health development through vigorous activity.

**\*115. Snow Skiing (1) On Demand**

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) On Demand**

An introduction to develop skills and provide proper instruction in the areas of safety.

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

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

**\*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.

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

Basics of weight training as a method of gaining strength: proper techniques, safety, benefits and risks. Taught by demonstration and participation.

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

Introduction to scuba diving and snorkeling including safety, technique, and equipment use and care. Scuba certification is possible upon completion.

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

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 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.

**240. Introduction to Sports Medicine (3) S**

Emphasis on the global approach to sports medicine and contemporary topics with attention to the basis of sports medicine, physiology of activity.

**250. Introduction to Recreation (3) As Needed**

Foundations in recreation, introducing students to its nature and philosophy to include a study of Southern Baptist literature from the Church Recreation Department and general programs of recreation.

**251. Recreational Sports and Games (3) F**

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

**300. Sport Sociology (3) S—Even Years**

Reciprocal credit: SOC 300. See SOC 300 for course description.

**301. Drug Education (3) F, Su**

Psycho-social, medical, legal, and health aspects of drugs and their abuse, plus a current analysis of the problem in our society.

**316. Physical Education in the Elementary Schools (3) F, W**

Techniques of teaching and curriculum planning including selection of materials suitable for different age levels in Grades 1-8. Movement Education concepts are stressed.

**317. Organization and Administration of Intramural/Recreation Sports (3) F**

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.

**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**

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**

Care of the body health-wise looking at fitness, drugs, nutrition, diet and weight control, disease control and treatment, along with ules1atio/TT7 1 T6(e and filosofuncTJ/TT7 1 Tf0 -1.92 TD{301. )-220(OrganizEnviron)TJT\*losoCy r)17.6(Educat

**351. Coaching Football (2) F—Odd Years**

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

**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) S—Even Years**

Fundamentals and strategy utilized in coaching volleyball and softball.

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

Reciprocal: CHR 400.

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.

**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.

**411. Practicum: Adaptive Physical Education (4) As Needed**

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**

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

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

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**

Prerequisite: PSY 213. Reciprocal credit: PSY 421.

Examination of psychological factors on sport and exercise performance dealing with issues affecting personnel and participants in the industry. Topics include: psychological strategies, coping skills, motivation, burnout, injuries, team dynamics and behavior.

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

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, especially 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.

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

Prerequisite: PEWS 218.

This course introduces the student to the various thermal, mechanical and electrical agents/modalities that are used in athletic health care and physical therapy to promote healing and rehabilitation. The class consists of lecture and lab based instruction of the use the electrical stimulation, cryo/thermotherapy, hydrotherapy, ultrasound, traction, therapeutic massage, biofeedback, and compression therapy.

### **361. Evaluation I: Upper Body, Spine and Extremities (3) F**

Prerequisite: PEWS 218. Corequisite: BIO 221

An introduction to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the upper body, cervical and thoracic spine and upper extremities. Topics include principles of injury recognition and classification to head and face, cervical spine, shoulder complex, elbow, wrist and hand.

### **370. Evaluation II: Lower Body, Lumbar Spine and Extremities (3) F**

Prerequisite: PEWS 218. Corequisite: BIO 221

Introduces the student to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the lower body, lumbar spine and lower extremities. Topics of instruction include the principles of injury recognition and classification to the abdominal, thorax, lumbar spine, hip, knee, ankle and foot.

### **455. General Medicine & Pharmacology in Athletic Training (3) S**

An introduction to the cognitive, affective and psychomotor domains of pharmacology and general medicine as they apply to athletic injuries and sports medicine while exploring the various systemic illnesses .

### **460. Therapeutic Exercise and Rehabilitation (3) S**

Prerequisite: PEWS 218, BIO 221.

This course introduces the student to the clinical applications of therapeutic exercise and the rehabilitation process for athletic injuries in sports medicine and physical therapy professional settings. A lecture and lab that focuses on the use range of motion, strength, muscular endurance and muscular speed exercises, proprioceptive neuromuscular facilitation, and joint mobilization to promote health and wellness following injury. Off-campus physical therapy/rehabilitation clinics for instructional purposes.

Each clinical course carries out a modular approach to the development of clinical skills for athletic training education per the NATA Athletic Training Education Competencies for Athletic Training Education Programs, Fourth Edition. The student is required to demonstrate clinical proficiency in cognitive and psychomotor competencies that are presented in the prerequisite coursework. Clinical education also requires an evaluation of the field experience.

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

Pre/Corequisite: PEWS 218, 240.

Basic Skills: the development of first year clinical skills and their assessment.

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

Pre/Corequisite: PEWS 218, 240.

Risk Management: the development of first year clinical skills and their assessment.

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

Prerequisite: AT 360.

Therapeutic Modalities: the development of second year clinical skills and their assessment.

### **375. Athletic Training Clinical IV (3) S**

Prerequisites: AT 361, 370.

Evaluation and General Medical Assessment: the development of second year clinical skills and their assessment.

### **465. Athletic Training Clinical V (3) F**

Prerequisite: AT 460.

Therapeutic Exercise and Rehabilitation and Senior Practicum: the development of third year clinical skills and their assessment.

### **475. Athletic Training Clinical VI (3) S**

Prerequisites: AT 350, 455.

General Medicine and Pharmacology/Professional Preparation and Senior Seminar: the development of third year clinical skills and their assessment.



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Available in each departmental pre x.

**179-279-379-479. External Domestic Study Programs (1-3) As Needed**

All courses and their applications must be defined and approved prior to registering.

**180-280-380-480. Study Abroad Programs (1-4) As Needed**

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

**195-6-7. Special Studies (1-4) On Demand**

**295-6-7. Special Studies (1-4) On Demand**

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

**395-6-7. Special Studies (1-3) On Demand**

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

**495-6-7. Independent Study (1-4) On Demand**

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

**498-9. Seminar (1-3) On Demand**

To be used at the discretion of the department.