

# DEPARTMENT OF PHYSICAL EDUCATION, WELLNESS, AND SPORT

## COLLEGE OF EDUCATION AND HUMAN STUDIES

### Faculty

**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.

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

**Sarah Davenport** (2005). Assistant Professor of Ath-

**I. Major in Physical Education and Health with Teacher Licensure in PE (Grades K-12)**

- A. Major requirements—33 hours
1. Select one of: PEWS 103, 105, or 203.
  2. Select one of: PEWS 104, 110, 111, 119.
  3. PEWS 120, 130, 201, 222, 316, 324, 350, 410, 414, 415, 416, 419.
- B. Professional Education: EDU 150, 250, 326, 421, 435; PSY 213, 318; SE 225.
- C. Completion of applicable portions of the Praxis II series.
- E. For additional information, see the Assistant Dean for Teacher Education and Accreditation.
- F. Prerequisite: BIO 221 or 222, and MAT 114

**II. Major in Sports Medicine**

- A. General and B.S. Specific Core Science requirements: BIO 221, 222
- B. BIO 322, CHE 111 and PHY 213 are recommended.
- C. Exercise Science Emphasis—51 hours
1. PEWS 113, 218, 222, 240, 301, 343, 410, 414, 415, 416; PSY 328, 330
  2. Emphasis requirements—15 hours
    - a. Select 3 courses from: PEWS 103, 104, 106, 107, 110, 111, 119.
    - b. PEWS 435 (6 hours), 461; SOC 321
- D. Recommended electives toward fitness management: PEWS 342, 419; FIN 320; MGT 312; MKT 328, 350.

**III. Major in Athletic Training—69 hours**

- A. PEWS 113, 170, 218, 222, 240, 414, 415, 461
- B. AT 170, 265, 275; PSY Elective; BIO 300.
- C. AT 318, 350, 360, 361, 370, 455, 460
- D. AT 365, 375, 465, 475
- E. Other requirements satisfied through General and Specific Core requirements: BIO 221-2; 322; PHY 111 or 213.
- F. Recommendations: CHE 111 and 112

**IV. Major in Sport Management—51 hours**

- A. Core for all majors—PEWS 201, 343, 419, 421, 435 (6 hours); ACC 211; FIN 320; MGT or PEWS Elective; PEWS 205, 342; MKT 328; COM 120 or 323—39 hours
- B. Sport Marketing Emphasis—12 hours
1. PEWS 340, 425
  2. MKT 433 and 3-hour MKT Elective
- C. Sport Communication Emphasis—12 hours
1. COM 360; 6 hours of PSY Electives
  2. Either COM 220 or 230
- D. Sport Ministry Emphasis, with modified core—54 hours
1. Major core modified: PEWS 201, 342, 343, 419, 421, 435 (4 hours); MGT 312; COM 120, 323; CHR 113, 231, 243, 333—39 hours
  2. Prerequisites: MAT 114
  3. Emphasis: PEWS 251, 300, 400
  4. Choose one: PEWS 231, 250, 317, 331, 425

**I. Minor: Physical Education—21 hours**

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

**II. Minor: Physical Education (add-on teaching endorsement, PE 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 Assistant Dean for Teacher Education and Accreditation.

**III. Minor: 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, 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.

**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 **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.

## Course Offerings in Physical Education, Wellness, and Sport (PEWS)

( ) 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.

### \*105. Intermediate Swimming (1) F

Prerequisite: PEWS 103.

For deep-water swimmers to familiarize the student with safety rules, and skills, recreational possibilities, and physiological benefits of swimming. Emphasis is on mastery of basic strokes necessary to be a safe and competent swimmer.

### \*106. Tennis (1) F, S

### \*107. Bowling (1) W

Introduction to the rules, techniques, scoring, and etiquette of bowling.

### \*108. Walking for Fitness (1) On Demand

Walking as a form of exercise to develop fitness. Both knowledge and practice of the health benefits of walking are emphasized. Course may be repeated once for an additional credit requiring research and a higher level of activity.

### \*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) 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.

### 170. Medical Terminology (1) F, S

An introduction to medical terminology for those interested in careers in allied health care. Students will learn word roots, combining forms used to describe anatomical parts and landmarks, suffixes, prefixes and abbreviations that are commonly used in health care communication, documentation, and charting.

### 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.

### 205. Sport Media (3) S

**222. First Aid (3) F, W, S, Su**

The nature of injury and immediate care required: bandaging and cardio-pulmonary resuscitation will be studied as well as all general First Aid practices. Students completing the course will earn first aid/CPR certification.

**230. Outdoor Education and Hunter Safety (3) On Demand**

Outdoor activities: camping, hunting, backpacking, field safety, survival, wildlife management, conservation, skeet shooting, compass reading, archery, and rifle range. Stresses outdoor ethics and responsibility. The Tennessee Hunter Safety program is included.

**231. Camping and Outdoor Recreation y**

**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.

## Athletic Training Major and Program

### Mission Statement

The mission of Union's Athletic Training Education Program is to challenge its students to become highly effective allied health care professionals and leaders in the Christian community, incorporating both professional and spiritual growth in their life plans. Union incorporates into the foundation of education the equally important components of being *Christ centered, people focused, excellence driven and future directed*. The Union University athletic training student will study in a Christ centered atmosphere that challenges students to develop spiritually

### 361. Evaluation I: Upper Body, Spine and Extremi