

DEPARTMENT OF PHYSICAL EDUCATION, WELLNESS, AND SPORT

COLLEGE OF EDUCATION

Faculty

Gary Johnson(1994). Professor of Physical Education, Department Chair, and Head Cross Country Coach. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

Jonathan Allen(2012). Clinical Coordinator and Assistant Professor of Athletic Training. B.S. and M.A., Ball State University. Additional Study, Rocky Mountain University of Health Professions.

Matt Brunet (2004) Associate Professor of Sport Management. B.S., Indiana Wesleyan University; M.A., Wayne State University; Ed.D., Union University.

Mark Campbell

Board of Certification and state medical boards that require licensure for certified athletic trainers to meet the standards of state practice or title protection acts.

Knowing education is a continuous process, the program creates and maintains 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.

The Department offers majors in Physical Education leading to Tennessee Teacher Licensure, Athletic Training, Exercise Science/Wellness, and Sport Management with an emphasis in Marketing,

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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 the Senior Class. The recipient must be, in addition to being 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)

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)

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) F, W, S, Su

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. Open to Adult Studies students only.

109. Pure Barre Fitness (1)

Basics of Pure Barre Fitness as a method of gaining strength. Proper techniques, safety, benefits, and risks will be presented during the course. Taught by demonstration and participation.

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 (2) F, S via web

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)

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

Reciprocal credit: COM 205.

The history of event coverage of print and electronic media as well as fundamentals of sport coverage, broadcast rights, contracts and their effects on revenue stream.

218. Care and Prevention of Athletic Injuries (3) F, W

Theory and practice of recognizing, identifying, and treating

327. Environmental and Community Health (3) As Needed
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.

331. Methods and Materials for Recreation Leaders (3) F—
As Needed
Practical methods and resources for recreation practitioners. Attention will be given to conducting recreational programs, creativity, and a variety of recreation projects.

333. Principles of Health and Fitness Instruction (3) F
Introduces health/fitness and sports medicine professionals to the practice of health and fitness instruction. Theories and principles of health and fitness lifestyle management techniques used to become a certified health/fitness instructor or personal fitness trainer will be the primary focus.

340. Sport Marketing (3) F
Prerequisite: MKT 328.
Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund-raising, and journalism will be explored in relation to sports.

342. Facilities and Equipment Management in Physical Education and Sport (3) F
Planning of areas and facilities related to physical education, recreation, and athletics. The course addresses topics related to selecting, purchasing, and maintaining equipment.

343. Sport Law (3) F
Tort and contract law as it applies to sports industry. Investigation of case law dealing with marketing the athlete, amateur sports, sports injuries and liabilities, sex discrimination in sports, drug screening, and rights and responsibilities of managing the athlete.

350. Educational Games, Rhythms and Sports (2) S

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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 activities, write a major paper and spend 6 hours per week on site.

433. Strength, Conditioning, and Human Performance (3) F

Strength and conditioning practices that supplement the science learned in exercise physiology and kinesiology. This class is designed to prepare students for gaining certification in ACSM, NSCA, or personal fitness.

435. Intern (1-6) F, S, or Accel. Su, W, Su (1-4)

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

461. Exercise Testing and Prescription (3) S

Corequisite: PEWS 415.

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.

Professional Athletic Training Major and Program

Mission Statement

The purpose of Union's Professional Athletic Training program is to challenge its students to become highly effective health care professionals incorporating both professional and spiritual growth in their life plans. To that end, the mission of the AT Program is to prepare students to be competent and proficient athletic trainers by providing comprehensive education in the Foundation Behaviors of Professional Practice; the 8 competency content areas set forth by the 5th Edition of the Athletic Training Education Competencies; and the BOC Standards of Professional Practice. The Program faculty believes in providing students with enriching educational experiences which foster personal growth, communication skills, critical thinking skills and professional ethics.

Curriculum

Accreditation

The Professional Athletic Training Program of Union University is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Admission Requirements

- All applicants must apply, be accepted and admitted to Union University.
- The following courses are pre-/corequisite courses for admission into the Professional Athletic Training Program:

Course Offerings in Athletic Training (AT)

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

170. Taping and Risk Management (1) F

An introduction to basic taping, preparation, wrapping and casting techniques that are common practice in athletic training and sports medicine. Content is based upon the 5th Edition Nation Athletic Trainer's Association Education Competencies/Risk Management and Injury Prevention domain.

318. Advanced Injury Management (3) S

Prerequisite: PEWS 218

Advanced preparation for triaging, treating, managing and rehabilitating chronic and acute athletic injuries that occur in sport and physical activity. The course focuses on specific etiologies, signs, symptoms, immediate care, conservation management and surgical implications of injury and disease processes to the orthopedic anatomy. Course content is based on the 5th Edition Nation Athletic Trainer's Association Education Competencies in the categorical domain of Risk Management and Injury Prevention.

350. Administration and Management Strategies in Athletic Training (3) F

An introduction to the administrative and management strategies incorporated in professional, intercollegiate, secondary school and clinical athletic training professional settings. Topics include policies and procedures, legalities in sports medicine, health care code, ethical codes of conduct and standards of reasonable care, and compliance with OSHA and HIPAA in allied health care.

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.

An introduction to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the upper body,

Clinical Courses

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 Professional Athletic Training Programs, Fourth Edition. The student is required to demonstrate clinical proficiency in cognitive and psycho motor 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/Corequisites: PEWS 218, 240.

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

275. Athletic Training Clinical II (3) S

Pre/Corequisites: 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.

General Medicine and Pharmacology/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.

Professional Preparation and Senior Seminar: the development of third year clinical skills and the assessment of clinical proficiencies.

Available in each departmental prefix.

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.

179PF-279PF-379PF-479PF. External Domestic Study

Programs (Pass/Fail) As Needed

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

180-280-380-480. Study Abroad 54 pa. TmoNeeded