

# PHYSICAL EDUCATION (PEDU)

## **PEDU 100 - Contemporary Physical Activity (1 Credit)**

Development of skills in an identified area. Course content will vary and be announced by title. May be repeated as topics vary.

## **PEDU 101 - Self-Defense For Women (1 Credit)**

Basic knowledge and understanding of the culture and context in which interpersonal violence occurs, the root causes and patterns of behavior within violent relationships, self defense against forcible attacks, making immediate decisions when confronted with an assault, and the procedures necessary after an assault has occurred.

## **PEDU 102 - Contemporary Physical Activity (1-3 Credits)**

Course contact will vary and be announced by title. May be repeated as topics vary.

## **PEDU 103 - Jogging (1 Credit)**

Exercise, lectures, and self-evaluation for weight control and fitness improvement.

## **PEDU 104 - Personal Fitness and Weight Control (1 Credit)**

Advanced techniques for controlling weight and improving fitness through exercise, lectures, and self-evaluation.

## **PEDU 105 - Weight Training (1 Credit)**

Fundamentals of progressive resistance exercise training.

## **PEDU 106 - Advanced Weight Training (1 Credit)**

Advanced techniques.

**Prerequisites:** PEDU 105.

## **PEDU 107 - Group Exercise (1 Credit)**

Cardio-respiratory fitness, flexibility, muscular strength and endurance, and agility through various group exercise formats while utilizing a variety of equipment.

## **PEDU 108 - Fitness Swimming (1 Credit)**

Individualized physical conditioning through lap swimming and aquatic calisthenics, games, and activities.

**Prerequisites:** PEDU 140.

## **PEDU 109 - ROTC Conditioning (1 Credit)**

Exercise testing, technique, and leadership, program design and implementation, nutrition, individual and team competitions, and other forms of training.

## **PEDU 110 - Orientation to Physical Education (1 Credit)**

Experiences in a variety of physical-activity areas.

## **PEDU 111 - Badminton (1 Credit)**

Basic strokes and introduction to the history, rules, and strategy of the game.

## **PEDU 112 - Basketball (1 Credit)**

Fundamental skills of game performance. Strategy, rules, and basic offenses and defenses.

## **PEDU 113 - Bowling (1 Credit)**

Fundamental skills and techniques of bowling.

## **PEDU 114 - Golf (1 Credit)**

Basic strokes, rules, and strategy of golf.

## **PEDU 115 - Gymnastics (1 Credit)**

Fundamentals of gymnastics on the trampoline and balance beam; tumbling, parallel bars, rings, and the horse.

## **PEDU 116 - Handball (1 Credit)**

Fundamentals, strategy, and rules of handball.

## **PEDU 117 - Karate (1 Credit)**

Fundamentals.

## **PEDU 118 - Rugby (1 Credit)**

Fundamental skills for game performance.

## **PEDU 119 - Soccer (1 Credit)**

Fundamental skills for game performance; history, rules, and game strategy.

## **PEDU 120 - Softball (1 Credit)**

Fundamental skills for game performance; history, rules, and game strategy.

## **PEDU 121 - Beginning Tennis (1 Credit)**

Basic strokes, history, rules, and strategy of the game.

## **PEDU 122 - Volleyball (1 Credit)**

Recreational and competitive volleyball skills.

## **PEDU 123 - Pilates (1 Credit)**

Focus is placed on mind-body exercises which help strengthen and condition the muscles. Each exercise will focus on building core strength, lengthening muscles, and improving flexibility. Proper breathing will also be demonstrated for each exercise in order to achieve the maximum benefits.

## **PEDU 124 - Fencing (1 Credit)**

Basic foil-fencing techniques, rules, terminology, history, and etiquette.

## **PEDU 125 - Intermediate Karate (1 Credit)**

**Prerequisites:** PEDU 117.

## **PEDU 126 - Badminton/Golf (1 Credit)**

Students will learn to perform basic skills as well as to implement game strategies. Major consideration will be given on how to teach each sport.

## **PEDU 127 - Field Hockey (1 Credit)**

Fundamental skills, rules, and terminology of field hockey.

## **PEDU 128 - Football (1 Credit)**

Fundamental skills, rules, and terminology.

## **PEDU 129 - Racquetball (1 Credit)**

Fundamental skills, rules, and terminology.

## **PEDU 130 - Intermediate Golf (1 Credit)**

Intermediate strokes and strategies; heavier emphasis on the total golf swing.

**Prerequisites:** PEDU 114.

## **PEDU 131 - Basketball/Soccer (1 Credit)**

Students will learn to perform basic skills as well as to implement game strategies. Major consideration will be given on how to teach each sport.

## **PEDU 132 - Intermediate Tennis (1 Credit)**

Intermediate skills and strategies.

**Prerequisites:** PEDU 121.

## **PEDU 133 - Track and Field (1 Credit)**

Fundamental skills, rules, and terminology.

## **PEDU 134 - Flying Disc Sports (1 Credit)**

Fundamentals and strategies of disc golf, ultimate and various physical activities using flying discs in recreational and competitive situations.

## **PEDU 135 - Tai-Chi-Chuan (1 Credit)**

Students will learn to perform basic Tai-Chi-Chuan skills. Major consideration will be given to breathing skills and meditation to relieve stress.

**PEDU 136 - Yoga (1 Credit)**

Fundamental skills and terminology.

**PEDU 137 - Tae Kwon Do (1 Credit)**

Fundamental skills of Tae Kwon Do.

**PEDU 138 - Softball/Volleyball (1 Credit)**

Students will learn to perform basic skills as well as to implement game strategies. Major consideration will be given on how to teach each sport.

**PEDU 139 - Tennis/Track (1 Credit)**

Students will learn to perform basic skills as well as to implement game strategies. Major consideration will be given on how to teach each sport.

**PEDU 140 - Beginning Swimming (1 Credit)**

Skills for safety and recreation.

**PEDU 141 - Intermediate Swimming (1 Credit)**

**Prerequisites:** PEDU 140.

**PEDU 142 - Lifeguard Training (1 Credit)**

Skills of lifesaving.

**Prerequisites:** swim 500 yards, tread water for one minute, and swim 20 feet underwater.

**PEDU 143 - Water Safety Instructor Certification (1 Credit)**

Skills, methods, and techniques to teach Red Cross Swimming and Life Saving.

**Prerequisites:** 17 years of age; sound physical condition; possession of the Red Cross Advanced Lifesaving Certificate, a Red Cross Swimmer Certificate, or the ability to perform the Swimmer Course.

**PEDU 144 - Beginning Springboard Diving (1 Credit)**

Basic dives and aesthetics of springboard diving.

**Prerequisites:** tread water and swim 20 feet underwater.

**PEDU 145 - Skin and Scuba Diving (1 Credit)**

Safe and effective use of equipment with emphasis on principles and physical laws of diving.

**Prerequisites:** ability to swim at the intermediate level.

**PEDU 146 - Scuba (Open Water) (1 Credit)**

Certification program in open water scuba instruction: safety, emergency procedures, equipment handling, navigation, and air consumption. Includes five open water dives.

**PEDU 147 - Beginning Stand-Up Paddleboarding (1 Credit)**

History and development of stand-up paddleboarding as a sport, safety protocol, paddleboard construction and design, terminology, fitness attributes and paddling techniques.

**PEDU 148 - Team Water Sports (1 Credit)**

Fundamental skills, rules, and strategies for participation in team water sports.

**Prerequisites:** intermediate swimming skills.

**PEDU 149 - Survival Swimming (1 Credit)**

Skills and techniques for survival under adverse conditions.

**Prerequisites:** swim 100 yards, tread water for one minute, and swim 20 feet underwater.

**PEDU 150 - Basic Keelboat Sailing (1 Credit)**

The course is designed to teach students to safely skipper and crew on a 20 to 27 foot sailboat with a tiller and outboard engine on lakes, bays, and sheltered waters in moderate weather conditions. Theory, history, safety, and teamwork will be emphasized.

**PEDU 151 - Beginning Skateboarding (1 Credit)**

History, rules, etiquette and techniques of skateboarding.

**PEDU 152 - Power Yoga (1 Credit)**

Vigorous yoga utilizing breath and movement to improve strength and flexibility.

**PEDU 153 - Cardiopulmonary Resuscitation (1 Credit)**

Knowledge and skills in providing artificial respiration, first aid for foreign body obstruction, one and two rescuer CPR for adults, infants, and children.

**PEDU 154 - Advanced Open Water Scuba (1 Credit)**

Development skills beyond open water diving: underwater navigation, night diving, and deep diving.

**Prerequisites:** PEDU 146.

**PEDU 155 - Personal Training Preparation (3 Credits)**

Safe and effective methods of exercise by the application of theories and principles of exercise science. Discussion of facility organization, legal liability, and injury prevention and treatment within the score of becoming a fitness professional.

**PEDU 156 - Gateway to Yoga (3 Credits)**

Yoga philosophy, history, and asanas. Eight Limbs of Yoga, styles, history, brain and physical anatomy and their relation to yoga practice. Sanskrit terminology and how they apply to yoga, the yogic diet and its effect on the brain and body.

**PEDU 160 - Intermediate Yoga (1 Credit)**

This course is designed to provide the historical and philosophical context of Mindfulness and how it relates to classical yoga of Pantanjali. Students will be guided in deepening their mindfulness meditation practice that includes analysis of the Four Establishments of Mindfulness and will develop an advanced asana sequence as part of their practice.

**Prerequisites:** PEDU 136.

**PEDU 161 - Intermediate Fencing (1 Credit)**

Basic footwork and bladework for foil and épée along with more complex skills, concepts, terminology, strategy, and understanding of the rules.

**PEDU 168 - Zumba Fitness (1 Credit)**

Principles of fitness interval training and resistance training applied to maximize caloric output, fat burning and total body toning with a fusion of Latin and International music-dance themes.

**PEDU 169 - Geocaching (1 Credit)**

History, rules, terminology, and strategy of geocaching. Strategies for seeking as well as creating geocaches.

**PEDU 170 - Beginning Latin Dance (1 Credit)**

Introductory course to multiple styles of social Latin dancing including Salsa, Merengue and Bachatta. Designed to develop the skills and techniques necessary for social level Latin dancing. Emphasis will be placed on basic social elements of dance, patterns, music, and leading and following.

**PEDU 171 - Swing Dance (1 Credit)**

Introduction to swing dances originating from the first half of the 20th century such as the Charleston, East Coast Swing, Lindy Hop, Jitterbug, Jive, and The Big Apple.

**PEDU 172 - Rock Climbing and Bouldering (1 Credit)**

Safe climbing and bouldering techniques. Movement on rock, rope systems, anchors, rappelling, belaying, risk management, spotting and lead climbing philosophy. Save use of equipment required for sport climbing and bouldering.

**PEDU 173 - Folk and Square Dance (1 Credit)**

Fundamental skills and terminology.

**PEDU 174 - Social Dance (1 Credit)**

Fundamental skills and terminology.

**PEDU 175 - Intermediate Social Dance (1 Credit)**

Development of skills to an intermediate level in six dances: fox trot, waltz, tango, swing, cha cha, rumba.

**Prerequisites:** PEDU 174.

**PEDU 176 - Clogging (1 Credit)**

History, folklore, and skills; individual steps and team routines.

**PEDU 177 - Beginning Shag (1 Credit)**

Techniques and history of the Shag, South Carolina's state dance. Chronicled development, style variations, and cultural contributions are emphasized.

**PEDU 178 - Intermediate Shag Dance (1 Credit)**

Introduction to more challenging shag moves for couples, based on steps, turns, spins, and passes. Emphasis on good shag form and rhythm, male lead, female follow, and tight couple positions going through step variations. Steps include Sugarfoot, Boogie Walk, Stagger, Walkup and others.

**Prerequisites:** PEDU 177.

**PEDU 179 - Beginning Belly Dance (1 Credit)**

Techniques, history, terminology, and dance combinations/choreography associated with Belly Dance at the fundamental level.

**PEDU 180 - Archery (1 Credit)**

Fundamentals of target and field archery shooting, history, scoring, and rules.

**PEDU 181 - Equestrian (1 Credit)**

Fundamentals of riding, grooming and tacking.

**PEDU 182 - Backpacking (1 Credit)**

Living in the out-of-doors; gear selection, map and compass reading, backpacking, hiking, and camping.

**PEDU 183 - Canoeing (1 Credit)**

Fundamentals of lake, river, and whitewater canoeing.

**PEDU 184 - Snow Skiing (1 Credit)**

Fundamental skills and techniques.

**PEDU 185 - Beginning Kayaking (1 Credit)**

Fundamentals of whitewater kayaking including equipment selection and use, safety techniques, strokes, Eskimo roll, river strategies, rescue procedures, and trip planning.

**PEDU 186 - Bicycle Touring (1 Credit)**

Fundamental skills and techniques.

**PEDU 187 - Rock Climbing (1 Credit)**

Fundamentals of rock and mountain climbing including gear selection and use, knots and rope management, anchoring systems, belaying, rappelling, climbing techniques, and safety considerations.

**PEDU 188 - Triathlon Training (1 Credit)**

Intensive conditioning and cross training to achieve a high level cardiovascular fitness. Biking, running, and swimming in preparation for triathlon event.

**PEDU 189 - Spinning (1 Credit)**

Spinning to obtain physiological and psychological benefits.

**PEDU 190 - Introduction to the Description and Analysis of Human Movement (2 Credits)**

Analysis and performance of fundamental motor skills.

**PEDU 194 - Educational Gymnastics (1 Credit)**

Development of knowledge and skill in educational gymnastics. Designed to establish a content base for elementary and middle school physical education programs.

**PEDU 195 - Educational Games (1 Credit)**

Development of knowledge and skill in game activities appropriate for the elementary and middle school physical education game setting.

**PEDU 196 - Educational Dance (1 Credit)**

Development of personal skills in the use of movement for expressive purposes. Designed to establish a content base for elementary school physical education programs.

**PEDU 197 - Fit Carolina (1 Credit)**

Basic concepts associated with physical activity and the opportunities in community environments to engage in health-promoting and wellness activities.

**PEDU 226 - Physical Education for Primary Grades (3 Credits)**

Selection and development of appropriate content for elementary school physical education experiences.

**Prerequisites:** PEDU 190.

**PEDU 232 - Philosophy and Principles of Physical Education (3 Credits)**

Historical background, current problems, and publications.

**PEDU 266L - Athletic Training Lab (1 Credit)**

Techniques and skills used in the prevention or protection of injury.

**PEDU 275 - Functional Musculoskeletal Anatomy (3 Credits)**

Knowledge and skill of orthopedic anatomy relative to muscle, ligament, and tendon origin, insertion, innervation, and action.

**PEDU 300 - First Aid and CPR (3 Credits)**

Knowledge and skills necessary to meet the guidelines for professional certification. Skills include AED, adult, child, and infant CPR, breathing emergencies, and first aid.

**PEDU 301 - Practicum in Physical Education Field Experiences (1-3 Credits)**

Supervised field experiences for physical educators. Contract approved by instructor, advisor, and department head is required for undergraduate students.

**PEDU 302 - Foundations of Coaching (3 Credits)**

The philosophical bases, leadership theory, administrative practice, and organizational problems of competitive athletics.

**PEDU 303 - Scientific Bases of Coaching I (3 Credits)**

Anatomical, kinesiological, and biomechanical principles affecting performance in competitive athletics; use of biomechanical analysis techniques. Primarily for non-physical education majors who wish to coach.

**PEDU 304 - Scientific Bases of Coaching II (3 Credits)**

Physiological, psychological, ethical, and sport medicine principles affecting performance in competitive athletics; application of scientific principles. Primarily for non-physical education majors who desire to coach.

**Prerequisites:** PEDU 303.

**PEDU 310 - Emergency Medical Responder (3 Credits)**

Knowledge and skills necessary to work as an emergency medical responder (EMR) to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical help takes over. Appropriate decision making about the care to provide in a medical emergency; skills an EMR needs to act as a crucial link in the emergency medical services (EMS) system.

**PEDU 312 - Coaching Gymnastics, Volleyball, and Softball (3 Credits)**

**Prerequisites:** PEDU 302 and PEDU 303.

**PEDU 313 - Coaching Basketball, Track and Field, and Soccer (3 Credits)**

**Prerequisite:** PEDU 302 and PEDU 303.

**PEDU 314 - Coaching Football, Baseball, and Wrestling (3 Credits)**

**Prerequisites:** PEDU 302 and PEDU 303.

**PEDU 320 - Practicum in Coaching (3 Credits)**

Supervised practical experience in interscholastic coaching settings; concurrent seminar.

**PEDU 340 - Practicum in the Instructional Aspects of Physical Education (1 Credit)**

Application of instructional principles to small peer group settings using open and closed gross motor skills.

**Corequisite:** PEDU 360.

**Graduation with Leadership Distinction:** GLD: Professional and Civic Engagement Internships

**PEDU 341 - Practicum in Instruction of Young Learners in Movement Settings (1 Credit)**

Application of curriculum and instructional principles to small group instruction with young learners.

**Prerequisites:** PEDU 340 and PEDU 360, cumulative GPA of 2.75, have met the state basic skills testing requirement for educator preparation program admission.

**Corequisite:** PEDU 361.

**PEDU 353 - Recreational Sports Programming (3 Credits)**

Current program elements and techniques in recreational sports.

**PEDU 360 - Instructional Aspects of Physical Education (3 Credits)**

Instruction in physical education settings, including environmental arrangements, task presentation, content development, and feedback.

**Prerequisites:** PEDU 190, cumulative GPA of 2.50.

**Corequisite:** PEDU 340.

**PEDU 361 - Instruction of Young Learners in Movement Settings (3 Credits)**

Development of knowledge and skills to teach physical education to young learners.

**Prerequisites:** PEDU 340 and PEDU 360, cumulative GPA of 2.75, have met the state basic skills testing requirement for educator preparation program admission.

**Corequisite:** PEDU 341.

**PEDU 398 - Seminar in Physical Education (1 Credit)**

Various topics related to current events in physical education.

**PEDU 399 - Independent Study (1-3 Credits)**

Open to sophomores and above. Enrollment and topic to be approved in advance by advisor and instructor. Contract approved by instructor, advisor, and department head is required.

**Graduation with Leadership Distinction:** GLD: Research

**PEDU 420 - Motor Learning in Physical Education (3 Credits)**

Application of cognitive, sensory, and motor processes related to learning motor skills in physical education and sport settings.

**PEDU 440 - Practicum in Secondary School Physical Education (1 Credit)**

The application of curriculum and instructional principles to large group instruction in the secondary school.

**Prerequisites:** PEDU 341.

**Corequisite:** PEDU 462.

**Graduation with Leadership Distinction:** GLD: Professional and Civic Engagement Internships

**PEDU 445 - Measurement & Evaluation in Physical Education (3 Credits)**

The historic background of measurement in physical education; statistical techniques to be used in scoring and interpreting tests; evaluation of measures now available in the field; and the administration of a testing program. Available for undergraduate credit only.

**Prerequisites:** 15 credits in professional physical education, including PEDU 232 and 6 semester hours of professional skill courses.

**PEDU 446 - Physical Education Curriculum (3 Credits)**

The study of K-12 physical education school curriculum theory, issues, and design.

**Prerequisites:** Cumulative GPA of 2.75, Admission to Directed Teaching Semester.

**PEDU 451 - Teaching Physical Education (3 Credits)**

Analysis of teaching and learning in physical education.

**Prerequisite or Corequisite:** PEDU 462, PEDU 440.

**PEDU 462 - Instruction in Secondary School Physical Education (3 Credits)**

Physical education content and processes for the secondary school.

**Prerequisites:** PEDU 341 and PEDU 361, cumulative GPA of 2.75, have met the state basic skills testing requirement for educator preparation program admission.

**Corequisite:** PEDU 440.

**PEDU 479 - Directed Teaching in Physical Education (12 Credits)**

**Prerequisites:** Cumulative GPA of 2.75, Admission to Directed Teaching Semester.

**Graduation with Leadership Distinction:** GLD: Professional and Civic Engagement Internships

**Experiential Learning:** Experiential Learning Opportunity

**PEDU 498 - Advanced Seminar in Physical Education (1 Credit)**

Advanced learning opportunities in professional physical education.

**Prerequisites:** 90 hrs. and permission of instructor.

**Graduation with Leadership Distinction:** GLD: Research

**PEDU 510 - Teaching Health Related Physical Fitness (3 Credits)**

Knowledge and application of processes and principles of health related physical fitness in physical education and sport settings.

**Prerequisites:** EXSC 223/EXSC 224 or BIOL 243/BIOL 244.

**PEDU 511 - Effective Applied Sport and Performance Psychology (3 Credits)**

An examination of sport and performance psychology effectiveness in a variety of contexts.

**Prerequisites:** C or better in PSYC 380.

**PEDU 515 - Physical Education for Inclusion (3 Credits)**

Designing physical education programs for special populations and for students with special needs.

**Prerequisites:** PEDU 340, PEDU 360.

**Graduation with Leadership Distinction:** GLD: Diversity and Social Advocacy

**PEDU 516 - Diversity and Cultural Perspectives in Sport & Performance (3 Credits)**

Diversity, multiculturalism, and cultural awareness for informing counseling and consultation in sports and performance settings.

**PEDU 520 - Observational Analysis of Sports Techniques and Tactics (3 Credits)**

Qualitative and quantitative techniques to observe, describe, analyze, and evaluate human movement in physical education and sports settings.

**PEDU 553 - The Organization and Administration of Physical Education (3 Credits)**

Organization of instructional, intramural, interscholastic, and recreational programs, with emphasis on criteria for the evaluation and selection of activities.

**Prerequisites:** 18 credits in physical education, including six semester hours of professional skill courses.

**PEDU 555 - Current Topics in Physical Education (1-3 Credits)****PEDU 570 - Human Child/Adolescent Growth (3 Credits)**

Human physical growth and development of children with emphasis on years 4 to 18.

**PEDU 575 - Physical Education for the Classroom Teacher (3 Credits)**

Appropriate movement experiences for children. Not available for physical education majors.

**Prerequisites:** EDTE 201.

**PEDU 577 - Dance Performance (3 Credits)**

Rehearsal, choreographic analysis, and dance performance. All components of dance production—including music, costume, lighting, and scenery—will be considered.

**Cross-listed course:** DANC 577

**PEDU 635 - South Carolina Physical Education Curriculum (3 Credits)**

Development of physical education programs using the South Carolina Physical Education Curriculum Materials.

**PEDU 637 - Advanced Theory and Techniques of Coaching Football (3 Credits)**

An intensive investigation of current theories of offensive and defensive football. Generalship, strategy, conditioning, staff utilization, film analysis, and practice organization are covered in depth.

**Prerequisites:** current responsibilities or previous experience in college or high school coaching.

**PEDU 638 - Advanced Theory and Techniques of Coaching Basketball (3 Credits)**

An intensive investigation of the latest techniques and theories of coaching basketball. Systems of offense and defense, generalship, conditioning, staff utilization, film analysis, and practice organization are covered in depth.

**Prerequisites:** current responsibilities or previous experience in college or high school coaching.

**PEDU 639 - Advanced Theory and Techniques of Coaching Track and Field Events (3 Credits)**

A thorough study of the latest techniques of coaching track and field events. Isometric, isotonic, and interval conditioning theories involving the cardiovascular and muscular systems are examined to acquaint the student with varying physiological approaches to conditioning.

**Prerequisites:** current responsibilities or previous experience in college or high-school coaching.

**PEDU 640 - Advanced Theory and Techniques of Teaching and Officiating Girls' Gymnastics (3 Credits)**

A thorough study of the latest techniques of teaching and officiating girls' gymnastics. Balance beam, vaulting, uneven bars, tumbling, dance skills and routines, and officiating methods.

**PEDU 647 - Coaching Ethics, Law and Compliance (3 Credits)**

Ethical and legal issues surrounding the coaching profession.

**PEDU 650 - Theoretical Foundations of Athletic and Mental Performance Coaching (3 Credits)**

Theoretical foundations of athletic and mental performance across a variety of contexts and developmental levels.

**PEDU 660 - Counseling Student Athletes (3 Credits)**

Issues facing student athletes regarding their personal and career development beyond athletics.

**Cross-listed course:** EDCE 650