PHYSICAL EDUCATION, HEALTH, AND RECREATION

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The Department of Physical Education offers a
BS: Physical Education with two areas of
emphasis—exercise science and instructional
leadership.

The Exercise Science emphasis provides a
strong science-based education for the student of
exercise and sport. This program provides an
foundation for students seeking clinical careers in
physical therapy, medicine, and athletic training
as well as for the student planning graduate study
in exercise science, sports management,
bio mechanics, exercise physiology, or
kinesiology. Students should qualify to take the
American College of Sports Medicine (ACSM)
certification exams as an Exercise Technician or
Health and Fitness Instructor. Other organizations
offering certifications are the International Dance
Exercise Association (IDEA) and the National
Strength and Conditioning Association (NSCA).

A minor in exercise science prepares students
for work in the community and corporate fitness
setting.

The Instructional Leadership emphasis prepar-
es students to work in educational settings—
mental, secondary, YMCA/YWCA, or other
areas in which instruction is the main focus.

An Instructional Leadership minor helps
students prepare for elementary or secondary
certification.

Programs

BS: Physical Education—60
Foundation
PETH130, 210, 276, 306, 370, 374, 375, 470
Cognate Core
BIOL111, 112, 113; FDNT230; HLED 170,
420; PHYS131; STAT285.
Emphasis
At least 36 credits fulfilling one emphasis

Emphasis in Exercise Science
4 credits from business management; PEAC116,
214; PETH425, 435, 450; 10 elective physical
education activity credits; and 3 credits electives.

Emphasis in Instructional Leadership
EDTE457; PETH300, 350; PETH266, 307, 366,
459, 460; RECR280; 10 elective activity credits
(4 credits must be in team sports and 6 credits
must be individual sports; 4 credits in intermediate
level 1, 1 credit in gymnastics or tumbling).

Minor in Physical Education
FDNT230, HLED170

Emphasis in Exercise Science—30
Core plus PETH425, 435

Emphasis in Instructional Leadership—34
EDTE457; PETH130, 266, 276, 370, 374, 375,
459; plus 5 elective activity credits (for ele-
mentary or secondary teacher certification).

Each student classifies himself/herself in regard
to competencies and selects a class at the proper
level. Should classification be incorrect, the
student must move into a course more in keeping
with his/her ability.

To qualify for admission to an intermediate
course, one must have either a background of
participation in the activity or pass the beginning
level of the class.

Courses
See inside back cover for symbol code.

GENERAL ACTIVITY

PEAC106 Beginning Basketball $ (1)
Instruction in the fundamental skills of shooting,
passing, ball-handling, man-to-man defensive
play, offensive strategy, basic rules, and team
play.

PEAC107 Beginning Volleyball $ (1)
Instruction in the basic skills of serving, setting,
spiking, and the rules for 2-, 3-, 4-, and
6-person team play.

PEAC108 Beginning Self-defense $ (1)
A systematic analysis of Self-Defense techniques
emphasizing mental preparation and survival
mind-setting. Includes basic survival skills, de-
escalation techniques, role playing, and lab work.

PEAC109 Beginning Softball $ (1)
Instruction in the fundamental skills of throwing,
catching, base-running, batting, and fielding of
ground and fly balls. Position play, game situation
drills, scrimmages, and rules are covered. Student
must supply own glove.

PEAC116 Weight Control and Conditioning $ (2)
Study of the factors involved in increasing,

Courses

PEAC118 Beginning Badminton $ (1)
Analysis and practice of basic strokes, singles and
doubles play, strategy, and rule interpretations.

PEAC119 Beginning Tennis $ (1)
Instruction in the fundamental skills of ground
strokes, serving, and team play. Basic strategy and
rules.

PEAC120 Scuba $ (1)
An entry level course in scuba diving. Includes
instruction in the buddy system, dive planning,
donning and removing equipment in the water,
and winter safety. Taught on a S-NC credit basis.

PEAC128 Beginning Golf $ (1)
Study of the basic techniques of the golf swing. An
introduction to the game, rules and etiquette of
golf. Students must supply their own equipment.

PEAC129 Beginning Racquetball $ (1)
Introduction to basic strokes, singles and doubles
play, strategy, and rule interpretations. Students
must supply their own equipment.

PEAC130 Special Activities $ (1,2)
Special areas beyond normally offered courses:
Concepts of Fitness, cycling, diving, fitness games,
fitness swimming. Repeatable in different areas.
Consult the current class schedule for activities
offered each year.

PEAC144 Beginning Floor Hockey $ (1)
Introduction to the game, including team composi-
tion, rules, and fundamental skills.

PEAC150 Swimming $ (1)
Designed for multilevel instruction. Three basic
levels are incorporated into the class based on a
swimming pretest: beginners, intermediate, and
advanced. Repeatable.

PEAC174 Cross-Country Skiing and Winter Camping $ (1)
Instruction in cross-country skiing technique,
conditioning, equipment, winter-camping skills,
and winter safety. Taught on a S-NC credit basis.
Students must supply their own skiing equipment.

PEAC206 Intermediate Basketball $ (1)
Analysis of and drills in fundamental skills,
offensive and defensive strategies. Emphasis is
given to team play. Prerequisite: PEAC106 or
equivalent.

PEAC207 Intermediate Volleyball $ (1)
Instruction in advanced team play with offensive
and defensive strategies. Game scrimmages help
to perfect fundamental skills. Prerequisite:
PEAC208
Intermediate Self-Defense
(1)
Technical application of the physical aspect of Self-Defense techniques. Instruction includes proper technique utilization, de-escalation techniques, role playing and lab work. Prerequisite: PEAC108.

PEAC209
Intermediate Softball
(1)
Instructor in team play, cutoffs, relay, and offensive and defensive strategies. Game scrimmage use the pitching machine. Students supply own glove. Prerequisite: PEAC109 or equivalent.

PEAC214
Weight Training and Conditioning
(1)
Instruction in body development and coordination activities for men; weight lifting and individual calisthenic programs; and body development and shaping for women.

PEAC228
Intermediate Golf
(1)
Analysis of and drills in chipping, pitching, and putting. Emphasis on refining the golf swing. Students must supply their own equipment. Prerequisite: PEAC128 or equivalent.

PEAC229
Intermediate Racquetball
(1)
Perfection of fundamental skills and strategies. Students must supply their own equipment. Prerequisite: PEAC129 or equivalent.

PEAC230
Tumbling
(1)
Learning and performing the fundamental skills of tumbling and balancing with emphasis on teaching methods.

PEAC244
Intermediate Floor Hockey
(1)
Analysis of and drills in fundamental skills, position play, and team strategies. Emphasis given to team play.

PEAC289
Gymnastics
(1)
Learning and exploring basic gymnastics skills on the following apparatus: horizontal bars, uneven bars, parallel bars, balance beam, rings, and vaulting horse; with emphasis on progression and safety.

PEAC300
Lifeguarding
(2)
Instruction in accident prevention, aquatic-facility supervision, and water-rescue techniques. Successful completion results in American Red Cross Lifeguard Training certification. Current first aid and CPR certification included. Prerequisite: Ability to swim 500 yards in 10 minutes or less.

PEAC330
Wilderness Living
(2)
Instruction in camping and survival techniques, open-fire cooking, orienteering, backpacking, wilderness first aid, edible wild plants, and tracking. Students supply their own equipment. One weekend trip required.

PEAC350
Water Safety Instructor
(2)
Instructor in techniques of teaching American Red Cross swimming courses. Current first-aid and CPR certification required. Prerequisite: PEAC300 or current American Red Cross Lifeguard Training certification or current Community Water Safety certification.

THEORY

HLED115
Concepts of Health and Physical Activity
(2-3)
Concepts of personal and community health and physical activity that promote the wellness lifestyle.

HLED130
Essentials of Wellness
(3)
Enhances understanding of individual and public-health issues such as disease prevention, and addresses physical, mental, spiritual, and emotional health.

HLED170
First Aid and Cardiopulmonary Resuscitation
(2)
Emphasizes the immediate and temporary care of a victim of accident or sudden illness until medical help arrives.

HLED420
Ministry of Healing
(4)
A study of the ways in which optimum health is obtained and how it affects the lifestyle and strengthens the total person physically, mentally, socially, and spiritually. E. G. White’s counsel on holistic health is emphasized.

PETH130
Foundations of Physical Education
(3)
Study of physical education as a career, its relationship to related fields of education, general principles and philosophies, historical background, and professional preparation.

PETH210
Motor Learning
(2)
Survey of theories and experimental studies in motor learning.

PETH266
Recreational Supervision
(2)
Study of rules and officiating mechanics for team sports. Physical education majors or minors seeking teaching certification must repeat until all areas have been completed. FALL—Flag Football and Volleyball; WINTER—Basketball and Floor Hockey; SPRING—Softball and Soccer. Prerequisite: PETH266.

PETH370
Kinesiology
(4)
The science of bodily movement with emphasis on anatomy, joint-and-muscular mechanism, principles of force generation and absorption, stability and balance, speed and acceleration in physical activities. Includes analysis of activities for the purpose of improving physical skill. Prerequisites: BIOL111-113 or equivalent, and PHYS131.

PETH374
Physiology of Exercise I
(4)
Study of the physiological background for the body’s response to exercise. Weekly: 3 lectures and 1 lab. Prerequisites: BIOL111-113 or equivalent.

PETH375
Physiology of Exercise II
(4)
Technical application of physiological principles as they relate to anthropometric measurements, strength, flexibility, pulmonary and cardiac function. Prerequisite: PETH374.

PETH425
Biomechanics
(3)
An examination of the internal and external physical forces acting on human movement and the effects produced by these forces. Prerequisite: PETH370.

PETH435
Graded Exercise Testing
(3)
Explores the principles involved in testing individuals for cardiovascular function using the treadmill. Includes contraindications to graded-exercise testing, basic electrocardiography, medication, and patient preparation. Forms a solid foundation for the American College of Sports Medicine’s Exercise Test Technologist certification. Prerequisite: HLED170, PETH375, and current CPR.

PETH440
Topics in ________
(1-4)
Selected topics in the area of physical education, health, or recreation. Consult current class schedule for topic offered each year. Repeatable in different content areas.

PETH450
Practicum in Health, Physical Education, and Recreation
(1-12)
Supervised experience in area health, fitness, and rehabilitation programs. Limited to junior or senior majors.

PETH459
Secondary Methods in Teaching Physical Education
(4)
The application of teaching principles and strategies as they apply to secondary Physical Education. Should be taken the senior year.
Organization and Administration of Physical Education
Techniques and methods of organizing and administering a physical education department. Areas include facility management, supervision of workers, budgeting, intramural organization, public relations, and legal issues. Should be taken the senior year.

PETH470 Alt (1)
Seminar in Physical Education and Health
Explores current issues relevant to physical education and health by means of presentations, readings, and projects. Prerequisites: PETH306, 370, 374.

PETH495 (1-4)
Independent Study/Reading/Research/Project
Independent Study: Directed study in an area of interest resulting in a formal term paper. Independent Readings: Weekly meetings with the instructor for individual assignments and reports. Independent Research: Design and execution of an experiment or causal-comparative research. Independent Project: Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Repeatable to 4 credits in each area.

RECR280 Alt (2)
Introduction to Recreation
A survey of recreation services, their goals, activities, achievements, and work opportunities.

PHYSICAL THERAPY

Berrien Springs Campus
Physical Therapy Building
Department Administration & Admissions
(616) 471-827-AUPT or 800-827-AUPT
FAX: (616) 471-2866
pt-info@andrews.edu
http://www.andrews.edu/PTH/

MSPT Program
(616) 471-AUPT or 800-827-AUPT
FAX: (616) 471-2866

Dayton Campus
Andrews University Physical Therapy
2912 Springboro West, Suite 301
Dayton, OH 45439-1674
(937) 298-AUPT or 888-827-AUPT
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Edward G. Greene
Kurt J. Jackson
Harold L. Merriman
A. Lynn Millar
Janet A. Mulcare
Elizabeth Oakley
David P. Village

Admissions Requirements

1. All completed application materials returned by the application deadline:
   • official transcripts
   • personal references
   • required application fee
2. Minimum 3.00 cumulative GPA in both natural science prerequisite and general education prerequisite courses.
3. Personal interview of eligible applicants.
   Application Packets
   Packets containing all necessary forms and instructions for completing the application process are available by June of each year. Students who return all required materials by December 1 and meet eligibility requirements are invited to participate in a personal interview with admissions personnel during February and March.
   Notices of acceptance and denial are sent by certified mail. Classes begin on the Berrien Springs campus in July, and on the Dayton campus in September.

International applicants must also provide
1. A minimum score of 80 on the MELAB or 550 on the TOEFL test (if English is not their first language).