FDNT485 Nutrition and Metabolism
Study of the nutrients and their functions within the living cell and the complex organism. Discussion of the major metabolic pathways. Prerequisites: BCHM120, FDNT230. Spring

FDNT495 Independent Study/Readings
Repeatable to 4 credits in independent study and 4 credits in readings on nutrition and dietetics. Consent of instructor required.

FDNT498 Research Methods in Dietetics
The study of nutrition research design. Fall

FDNT540 Maternal and Child Nutrition
Role of nutrition in human growth and development, with emphasis on prenatal period, infancy, childhood, and adolescence.

FDNT545 Community Nutrition Programs
Development of nutrition-education programs for community groups emphasizing health promotion. Practicum includes observation and participation in community assessment, planning, implementation, and evaluation of various types of programs. Repeatable to 4 credits.

FDNT555 Advanced Human Nutrition I
Functions and nutritional metabolism of simple and complex carbohydrates, lipids, amino acids, and proteins. Prerequisite: A course in biochemistry. Fall

FDNT556 Advanced Human Nutrition II
Functions and nutritional metabolism and interactions of fat-soluble and water-soluble vitamins, minerals, and trace minerals. Prerequisite: A course in biochemistry. Spring

FDNT565 Current Issues in Nutrition
Current issues in food safety, diet, and health. Nutritional factors associated with the major chronic diseases of Western society. Prerequisite: FDNT 230. Spring

FDNT570 Maternal and Child Health
Preventive health care and conditions necessary for mother and child well-being in developing countries. Community-based interventions for child survival. Management of maternal and child health programs.

FDNT585 Topics in
Selected topics in the areas of nutrition. Repeatable to 6 credits.

FDNT586 Professional Experience
Opportunities for unique supervised practical experiences in various organizations to introduce the student to the role of a professional. A maximum of 4 credits per quarter can be taken. Repeatable to 8 credits.

FDNT594 Practicum
Practicum in dietetics, available only to AP-4 students. Fall, Spring

FDNT600 Research Design
Criteria for the organization, analysis, and reporting of research in Nutrition. Preparation of a proposal for a master's thesis or project. Prerequisite: FDNT498 or equivalent. Spring

FDNT648 Workshop

FDNT680 Research Seminar
Individual reports and discussion of recent research data. Repeatable to 4 credits. Consent of instructor required.

FDNT690 Independent Study
Individual study and/or research. Consent of instructor required. Repeatable to 6 credits.

FDNT698 Research Project

FDNT699 Master's Thesis
Repeatable to 6 credits.
Option 2: EMPHASIS IN INSTRUCTIONAL LEADERSHIP
EDTE457; PEAC300, 350; PETH266, 280, 307, 335, 366, 459, 460; plus 6 elective physical Education activity credits (1 credit must be in Team sports and 1.5 credits in Individual sports; 1.5 credits in Intermediate skill level. 0.5 credit in Gymnastics or Tumbling)

Minor in Physical Education—20-24
Cognate Core: FDNT230, HLED170

Option 1: EMPHASIS IN EXERCISE SCIENCE (20 credits)
Physical Education Core plus PETH425, 435

Option 2: EMPHASIS IN INSTRUCTIONAL LEADERSHIP (24 credits)
EDTE457; PETH110, 266, 276, 360, 370, 459; plus 5 elective Physical Education activity credits. (For elementary or secondary teacher certification)

Courses (Credits)
See inside front cover for symbol code.

ACTIVITY

PEAC106 Beginning Basketball $ (.5)
Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, basic rules, offensive strategy, basic rules, and team play. Fall

PEAC107 Beginning Volleyball $ (.5)
Instruction in the basic skills of serving, setting, passing, and spiking, and the basic instruction on rules, and 2, 3, 4, and 6 person team play. Fall

PEAC108 Beginning Self-Defense (5)
A systematic analysis of self-defense techniques emphasizing mental preparation and survival mind set. Includes basic survival skills, de-escalation techniques, role playing, and lab work. Fall

PEAC109 Beginning Softball $ (.5)
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. Students must supply own glove. Spring

PEAC116 Weight Control and Conditioning $ (.5)
Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight. Spring

PEAC118 Beginning Badminton $ (.5)
Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations. Fall

PEAC119 Beginning Tennis $ (.5)
Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. Spring

PEAC120 Scuba $ (.5)
An entry level course in scuba diving. Includes instruction in the buddy system, dive planning, donning and removing equipment in the water, alternate air sources, buddy breathing, entries, communication, and navigation. Swimming pretest required. Ymca certification. Spring

PEAC128 Alt $ (.5)
Beginning Golf
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. Spring (odd years)

PEAC129 Beginning Racquetball $ (.5)
Introduction to basic strokes, singles and doubles play, strategy, and rule interpretations. Students must supply own racquet, balls, and eye guards. Fall

PEAC130 Special Activities $ (.5)
Special areas beyond normally offered courses: cycling, diving, fitness games, fitness swimming. Repeatable in different areas. Consult the current class schedule for activities offered each year. Fall, Spring

PEAC144 Beginning Floor Hockey $ (.5)
Introduction to the game, including team composition, rules, and fundamental skills. Fall

PEAC150 Swimming $ (.5)
Designed for multilevel instruction. Three basic levels are incorporated into the class based on a swimming pretest: beginners, intermediate, and advanced. Repeatable. Fall, Spring

PEAC206 Intermediate Basketball $ (.5)
Analysis of and drills in fundamental skills, offensive and defensive strategies. Emphasis is given to team play. Prerequisite: PEAC106 or equivalent. Spring

PEAC207 Intermediate Volleyball $ (.5)
Instruction in advanced team play, offensive and defensive strategies. Game scrimmages will help to perfect fundamental strategies. Prerequisite: PEAC107 or equivalent. Spring

PEAC208 Intermediate Self Defense $ (.5)
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. Spring

PEAC209 Intermediate Softball $ (.5)
Instruction in team play, cutoffs, relays, and offensive and defensive strategies. Game scrimmages use the pitching machine. Students supply own glove. Prerequisite: PEAC109 or equivalent. Spring

PEAC210 Personal Fitness Plan $ (.5)
A study of basic-fitness concepts and principles in conjunction with a personalized year-long exercise program for disease prevention and health maintenance. Short readings are required weekly. Students will receive a grade for this class at the end of Spring semester. Fall

PEAC214 Weight Training and Conditioning $ (.5)
Instruction in body development and coordination activities for men; weight lifting and individual calisthenic program; and body development and shaping for women. Fall, Spring

PEAC228 Intermediate Golf $ (.5)
Analysis of and drills in chipping, pitching, and putting. Emphasis on refining the golf swing. Students supply their own equipment. Prerequisite: PEAC128 or equivalent. Spring (even years)

PEAC229 Intermediate Racquetball $ (.5)
Perfection of fundamental skills and strategy. Prerequisite: PEAC129 or equivalent. Spring

PEAC230 Tumbling $ (.5)
Learning and performing the fundamental skills of tumbling and balancing with emphasis on teaching methods. Fall (odd years)

PEAC244 Intermediate Floor Hockey $ (.5)
Analysis of and drills in fundamental skills, position play, and team strategies. Emphasis given to team play. Fall

PEAC289 Gymnastics $ (.5)
Learning and exploring basic gymnastic skills on the following apparatus: horizontal bars, uneven bars, parallel bars, balance beam, rings, and vaulting horse; with emphasis on progression and safety. Fall (even years)

PEAC300 Lifeguarding $ (.5)
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. Fall

PEAC330 Wilderness Living $ (.5)
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. Spring

PEAC350 Water Safety Instructor $ (.5)
Instruction in techniques for 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. Spring

THEORY

HLED130 Essentials of Wellness $ (2)
Enhances understanding of individual and public-health issues such as disease prevention, and addresses physical, mental, spiritual, and emotional health. Fall, Spring

HLED170 First Aid and Cardiopulmonary Resuscitation (Alt (1)
Emphasizes the immediate and temporary care of a victim of accident or sudden illness until medical help can be obtained. Fall

HLED420 Ministry of Healing (Alt (3)
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. Spring (even years)

PETH130 Foundations of Physical Education (Alt (2)
Study of physical education as a career, its relationship to related fields of education, general principles and philosophies, historical background, and professional preparation. Fall (odd years)

PETH210 Motor Learning (Alt (2)
Survey of the theories and experimental studies in motor learning. Fall (even years)

PETH266 Recreational Supervision: (Alt (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, Volleyball and Basketball. Spring: Floor Hockey, Softball and Soccer. Two lab hours per week required. Fall, Spring (even years)

PETH276 Athletic Injury Prevention (Alt (1)
A study of the prevention and care of athletic injuries. Prerequisites: HLED170 or BIOL111, 112, 113 or equivalent. Spring (odd years)

PETH280 Introduction to Recreation (Alt (1)
A survey of recreation services, their goals, activities, achievements and work opportunities. Spring (even years)

PETH306 Measurements and Evaluation (Alt (3)
Application of descriptive and inferential statistics to Physical Education and Exercise Science. Prerequisite: STAT285. Spring (even years)

PETH307 Adaptive Physical Education (Alt (2)
Study of structural and functional handicapping conditions found in school-age children, the limitations imposed by these conditions, and the responsibilities of the physical education teacher in working with such disabilities. Spring (even years)

PETH335 Principles and Practices of Coaching (Alt (2)
A study and discussion into sports-team organization, recruiting, picking teams, training, game preparation, travel budget, crowd control, facilities management, fund raising, game safety and control, and coaches’ decorum. Special emphasis will include keeping the game in a “Christian perspective” and establishing a personal coaching philosophy. Fall (odd years)

PETH340 (was PETH374, 375)
Physiology of Exercise Theoretical study of the body’s physiological response to exercise and its practical application. Prerequisites: BIOL111,112,113, or equivalent. Fall (even years)

PETH366 Officiating: (Alt (5)
Practical field experience in officiating. Two labs per week required. Physical Education majors seeking secondary teacher certification must repeat until all areas have been completed. Fall: Flag Football, Volleyball and Basketball. Spring: Floor Hockey, Softball and Soccer. Prerequisite: PETH266. Fall, Spring (odd years)

PETH370 Kinesiology (Alt (3)
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. Also includes the analysis of activities for the purpose of improving physical skill. Prerequisites: BIOL111,112,113 or equivalent, and PHYS131. Fall (odd years)

PETH425 Biomechanics (Alt (2)
An examination of the internal and external physical forces acting on human movement and the effects produced by these forces. Prerequisite: PETH370. Spring (odd years)

PETH435 Graded Exercise Testing (Alt (2)
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. Fall (odd years)

PETH440 Topics in __________ (1-3)
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. Fall, Spring

PETH459 Secondary Methods in Teaching Physical Education (Alt (3)
The application of teaching principles and strategies as they apply to Secondary Physical Education. Should be taken the senior year. Spring (even years)

PETH460 Organization and Administration of Physical Education (Alt (1)
Techniques and methods of administration and organization of 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. Spring (even years)

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

PETH495 Independent Study/Reading/Research/Project (1-4)
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. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. Fall, Spring