PHYSICAL EDUCATION, HEALTH, AND RECREATION

Johnson Gymnasium
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physical-ed@andrews.edu

Faculty
Lydia I. Chong, Chair
Paul K. Chong
Barbara K. Friesen
Randall Lonto
Greggory Morrow
John R. Pangman

The Physical Education Department offers a Bachelor of Science degree in Physical Education with two areas of emphasis—Instructional Leadership or Exercise Science.

The Exercise Science emphasis provides a strong science-based education for the student of exercise and sport. This program provides an excellent foundation for students seeking clinical careers in physical therapy, medicine, and athletic training as well as for the student planning to continue with graduate study in exercise science, sports management, biomechanics, exercise physiology and kinesiology. Students should qualify to take the American College of Sports Medicine (ACSM) certification exams as an Exercise Technologist 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 major or minor in Exercise Science also prepares the student for work in the community and/or corporate fitness setting.

The Instructional Leadership emphasis prepares students to work in educational setting—elementary, secondary, YMCA/YWCA, or other areas in which instruction is the main focus.

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

Undergraduate Programs

DEGREE REQUIREMENTS

Physical Education Core: PETH130, 210, 276, 306, 360, 370, 470

Cognate Core: BIOL111, 112, 113; FDNT230; HLED170, 420; PHYS115 or high school physics; STAT285.

BS: Physical Education—42

Includes the Physical Education Core and a minimum of 24 additional credits fulfilled with one of the two options listed below.

Option 1: EMPHASIS IN EXERCISE SCIENCE.

Three (3) Business Management Elective credits: PEAC116, 214; PETH425, 435, 450; plus 5 elective Physical Education Activity credits.

Option 2: EMPHASIS IN INSTRUCTIONAL LEADERSHIP

EDTE448; PEAC300, 350; PETH266, 280, 307, 335, 366, 459, 460; plus 6 elective Physical Education activity credits (1.5 credits must be in Team sports and 2 credits in Individual sports; 2 credits in Intermediate skill level; .5 credit in Acrobatics or Acrobatic Coaching)

Minor in Physical Education—24-26

Cognate Core: FDNT230, HLED170

Option 1: EXERCISE SCIENCE (24 credits)

Physical Education Core plus PEAC116, 214; PETH425, 435

Option 2: INSTRUCTIONAL LEADERSHIP (26 credits)

EDTE448; PETH130, 266, 276, 360, 370, 459; plus 5 elective Physical Education activity credits. (For elementary or secondary teacher certification)

Courses

See inside front cover for symbol code.

ACTIVITY

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

PEAC107 Alt $ (.5)
Beginning Volleyball
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 (odd years)

PEAC108 (.5)
Beginning Self-Defense
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, Spring

PEAC109 Alt $ (.5)
Beginning Softball
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. Fall (even years)

PEAC116 $ (.5)
Weight Control and Conditioning
Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight. Spring
PEAC118  Alt $ (.5)  Beginning Badminton
Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations. Fall (even years)

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

PEAC120  $ (.5)  Scuba
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

PEAC125  (.5)  Canoeing
Emphasis on precise canoe handling through paddle control. Based on traditional strokes. Practice conducted on local lakes and rivers. One all-day canoe trip or two half-day canoe trips are required. Class meets August 30-November 1.

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. Additional lab fees required. Fall (even years)

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

PEAC130  $ (.5)  Special Activities
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  Alt $ (.5)  Beginning Floor Hockey
Introduction to the game, including team composition, rules, and fundamental skills. Fall (odd years)

PEAC150  $ (.5)  Swimming
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  Alt $ (.5)  Intermediate Basketball
Analysis of and drills in fundamental skills, offensive and defensive strategies. Emphasis is given to team play. Prerequisite: PEAC106 or equivalent. Spring (odd years)

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

PEAC208  (.5)  Intermediate Self Defense
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  Alt $ (.5)  Intermediate Softball
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. Fall (even years)

PEAC210  $ (.5)  Personal Fitness Plan
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  $ (.5)  Weight Training and Conditioning
Instruction in body development and coordination activities for men: weight lifting and individual calisthenic program; and body development and shaping for women. Fall, Spring

PEAC215  Alt $ (.5)  Acrobatics
Learning and performance of the fundamental skills of tumbling and balancing. Spring (odd years)

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

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

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

PEAC255  Alt $ (.5)  Acrobatics Coaching
Learning, performance, and exploration of tumbling and balancing. With emphasis on conceptual creativity, choreography, and program management. Instruction on spotting techniques, teaching theories, progression and safety will be given. Spring (even years)

PEAC300  (1)  Lifeguarding
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
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Description</th>
<th>Semester</th>
<th>Credits</th>
<th>Prerequisites/Notes</th>
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<tbody>
<tr>
<td>PEAC330</td>
<td>Wilderness Living</td>
<td>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</td>
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<td>HLED170 or BIOL111, 112, 113 or equivalent.</td>
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<tr>
<td>PEAC350</td>
<td>Water Safety Instructor</td>
<td>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</td>
<td>(1)</td>
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<tr>
<td>HLED130</td>
<td>Essentials of Wellness</td>
<td>Enhances understanding of individual and public-health issues such as disease prevention, and addresses physical, mental, spiritual, and emotional health. Weekly: 2 lectures and 1 lab. Fall, Spring</td>
<td>Alt (2)</td>
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<tr>
<td>HLED170</td>
<td>First Aid and Cardiopulmonary Resuscitation</td>
<td>Emphasizes the immediate and temporary care of a victim of accident or sudden illness until medical help can be obtained. Fall</td>
<td>(1)</td>
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<tr>
<td>HLED420</td>
<td>Ministry of Healing</td>
<td>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)</td>
<td>Alt (3)</td>
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<tr>
<td>PETH130</td>
<td>Foundations of Physical Education</td>
<td>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)</td>
<td>Alt (2)</td>
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<tr>
<td>PETH210</td>
<td>Motor Learning</td>
<td>Survey of the theories and experimental studies in motor learning. Fall (even years)</td>
<td>Alt (2)</td>
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<tr>
<td>PETH266</td>
<td>Recreational Supervision:</td>
<td>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)</td>
<td>Alt (2)</td>
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<tr>
<td>PETH276</td>
<td>Athletic Injury Prevention</td>
<td>A study of the prevention and care of athletic injuries: Prerequisites: HLED170 or BIOL111, 112, 113 or equivalent. Spring (odd years)</td>
<td>Alt (2)</td>
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<tr>
<td>PETH280</td>
<td>Introduction to Recreation</td>
<td>A survey of recreation services, their goals, activities, achievements and work opportunities. Spring (odd years)</td>
<td>Alt (1)</td>
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<tr>
<td>PETH306</td>
<td>Measurements and Evaluation</td>
<td>Application of descriptive and inferential statistics to Physical Education and Exercise Science. Prerequisite: STAT285. Spring (even years)</td>
<td>Alt (3)</td>
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<tr>
<td>PETH307</td>
<td>Adaptive Physical Education</td>
<td>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)</td>
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<tr>
<td>PETH335</td>
<td>Principles and Practices of Coaching</td>
<td>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)</td>
<td>Alt (2)</td>
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<tr>
<td>PETH360</td>
<td>Physiology of Exercise</td>
<td>Theoretical study of the body’s physiological response to exercise and its practical application. Prerequisites: BIOL111, 112, 113, or equivalent. Weekly: 4 lectures and 1 lab. Fall</td>
<td>Alt (5)</td>
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<tr>
<td>PETH366</td>
<td>Officiating:</td>
<td>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)</td>
<td>Alt (5)</td>
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<tr>
<td>PETH370</td>
<td>Kinesiology</td>
<td>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 PHYS115. Fall (odd years)</td>
<td>Alt (3)</td>
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<tr>
<td>PETH425</td>
<td>Biomechanics</td>
<td>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)</td>
<td>Alt (3)</td>
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<tr>
<td>PETH435</td>
<td>Graded Exercise Testing</td>
<td>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. Pre-requisite: HLED170, PETH375, and current CPR. Fall (odd years)</td>
<td>Alt (2)</td>
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<tr>
<td>PETH440</td>
<td>Topics in __________</td>
<td>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</td>
<td>(1-3)</td>
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PHYSICAL EDUCATION

PETH457
Physical Education in the Elementary School
Content and organization of physical education programs in the
elementary schools.

PETH450
Practicum in Health, Physical Education, and Recreation
Supervised experience in area health, fitness, and rehabilitation
programs. Limited to junior or senior departmental majors. Graded
S/U. Fall, Spring

PETH457
Physical Education in the Elementary School
Content and organization of physical education programs in the
elementary schools. Fall (even years)

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

PETH460
Organization and Administration of Physical Education
Techniques and methods of administration and organization of a
physical education department. Areas include facility manage-
ment, 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
Explores current issues relevant to physical education and health,
by presentations, readings, and projects. Prerequisites: PETH306,
360, 370. Fall (even years)

PETH495
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 instruc-
tor 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

PHYSICAL THERAPY

Berrien Springs Campus
Physical Therapy Building
Department Administration & Admissions
(616) 471-AUPT or 800-827-AUPT
FAX: (616) 471-2867
pt-info@andrews.edu
http://www.andrews.edu/PHTH/

MSPT/DPT 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
FAX: (937) 298-9500

Faculty
C. William Habenicht, Chair

Berrien Campus
Wayne L. Perry, Program Director
John C. Banks
Kathy A. Berglund
Norene M. Clouten
Bonny D. Dent
A. Lynn Millar
Elizabeth Oakley
David P. Village

Dayton Campus
Daryl W. Stuart, Program Director
Philip A. Anloague
John Carlos, Jr.
Heidi C. Clarke
Betsy Donahoe-Fillmore
Kurt J. Jackson
Harold L. Merriman
Janet A. Mulcare

Academic Credits

<table>
<thead>
<tr>
<th>Berrien Springs Campus</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BHS: Bachelor of Health Science</td>
<td>(Interim degree for DPT students)</td>
</tr>
<tr>
<td>DPT: Doctor of Physical Therapy</td>
<td>117</td>
</tr>
<tr>
<td>BS: Anatomy &amp; Physiology (phasing out)</td>
<td>(Interim degree for MSPT students)</td>
</tr>
<tr>
<td>MSPT: Master of Science in Physical Therapy</td>
<td>174</td>
</tr>
<tr>
<td>Note: no longer accepting MSPT students</td>
<td></td>
</tr>
<tr>
<td>PPDPT: Postprofessional Doctor of Physical Therapy</td>
<td>30-38</td>
</tr>
<tr>
<td>DScPT: Doctor of Science in Physical Therapy</td>
<td>63</td>
</tr>
</tbody>
</table>

Dayton, Ohio Campus
MPT: Master of Physical Therapy | 78.5 |