

PHYSICAL EDUCATION (M.A.)
Three Concentrations of Study
36 Total Semester Hours for Each Concentration

Director: Tommy Thompson

Program Description

To enhance the physical educator's understanding and knowledge of human movement, the graduate program in Physical Education seeks to encompass the elements of biological study, fitness, wellness, health, recreation, and physical education into a directed, comprehensive study of the discipline and how to teach it. The graduate program must be broader than the undergraduate's physical education preparation, and to that end, will be a multi-disciplinary study that aims to help inservice teachers prepare for the teaching of physical education at all levels of learning and curriculum preparation. The program will seek to challenge the graduate student in all areas of advanced university study relative to the discipline and to teacher-effectiveness.

Program Goals

The graduate program in Physical Education is designed

1. to prepare physical educators in the field of human movement physiology as it relates in the teaching of physical education, athletics, and leisure activities;
2. to extend the graduate student's understanding of the basic principles of educational management, supervision, leadership, and/or administration;
3. to help the graduate student to understand the role of educational psychology in teaching, coaching, and administration;
4. to stress the importance of a sound understanding of legal issues in schools, athletes, recreation, and any movement education facility;
5. to help the graduate student to construct curriculum design in various phases of health, wellness, fitness, physical education, recreation, etc.;
6. to provide an expanded grasp of research trends in the teaching of human movement and healthful living;
7. to help the graduate student to understand the principles of facilities, finances, budgeting, funding, etc., in a variety of sectors;
8. to help the graduate student to develop the ability to objectively review educational issues affecting students, families, sports, and schools.

Requirements for a Master of Arts in Physical Education

Sem. Hrs.

Core Courses

21-27

- EXER 501 Exercise, Fitness, and Sport Physiology
- EXER 502 Exercise, Sport, and Coaching Psychology
- EXER 503 Management and Marketing of PE and Athletic Programs
- EXER 504 Recreation, Leisure, and Tourism
- EXER 505 Health, Wellness, and Fitness
- EXER 506 Current Administrative Issues, Problems, and Trends in PE and Athletics
- EXER 507 The Law in PE and Sport
- EDN 566 Applied Educational Research*
- EXER 599 Capstone Study

Concentration

9-15

Choose Physical Education Licensure, Exercise/Fitness, or Sports Administration

Total
(minimum):
36

Physical Education Licensure Concentration	Sem. Hrs.
Take EXER 501, 502, 503, 505, 506, 507, & 599 from the core above;	27
Take EDN 550 and 566:	
Required Professional Studies Core	6
EDN 550 Applied Educational Psychology*	
EDN 565 Applied Philosophy of Education*	
Specialty Area Guided Electives (select one of the following):	3
EDN 512 Exceptionality in Children*	
EDNL 571 Analyzing Educational Issues**	
EDNL 572 Ethical and Societal Aspects of Educational Leadership**	
EDNL 573 School Based Management**	
	Total
	(minimum):
	36

*For EDN course descriptions, see listings in M.A.Ed. program.

**For EDNL course descriptions, see listings in M.S.A. program.

Lateral entry certification candidates may not enroll in any noted (*/**) EDN course until all IEP requirements have been completed.

Exercise and Fitness Concentration	Sem. Hrs.
Take the 9 core courses above	27
Choose three electives from the list below:	9
PAD 500 Modern Management and Organization***	
PAD 501 Organizational Behavior***	
PAD 504 Financial Resource Administration***	
PAD 510 Organizational Leadership Seminar***	
PAD 511 Planning***	
PAD 536 Administrative Law***	
PAD 538 Conflict Analysis and Resolution***	
PAD 552 Principles of Budgeting and Finance***	
HAD 571 Health Administration and Organization***	
	Total
	(minimum):
	36

Sports Administration Concentration	Sem. Hrs.
Take 7 of the 9 core courses above	21
Take 15 additional hours, preferably choosing one course from each directed area below:	
1. Budget Area	
PAD 504 Financial Resource Administration***	
PAD 552 Principles of Budgeting and Finance***	
2. Leadership Area	
PAD 500 Modern Management and Organization***	
PAD 501 Organizational Behavior***	
PAD 533 Leadership and Change***	
3. Planning and Research Area	
PAD 505 Analytical Methods***	
PAD 511 Planning***	

4. Legal Area	15
PAD 502 Legal, Policy, and Ethical Issues in Administration***	
PAD 506 Human Resource Administration***	
PAD 536 Administrative Law***	
5. Resolution Area	
PAD 512 Decision-Making for Leaders***	
PAD 530 Organizational Communication***	
PAD 538 Conflict Analysis and Resolution***	
	Total
	(minimum):
	36

***For PAD and HAD course descriptions, see listings in M.P.A. degree program

COURSES

HEALTH, PHYSICAL EDUCATION, AND RECREATION DEPARTMENT (EXER)

EXER 501. Exercise and Sport Physiology (3)

Course will present concepts of exercise and sport physiology in a practical approach based on researched principles of exercise physiology and applied science as it pertains to various grade levels. Movement analysis of the human body will be studied as to variables, exercise responses, training principles, adaptation, problem-criteria, and modalities. Physiological response in every body system will be explored relevant to various age groups and gender.

EXER 502. K-12 Exercise, Sport, and Coaching Psychology (3)

Course will examine topics related to the potential for optimal human athletic and exercise performance at various life stages. Areas of study will include functional behavior, behavior modification, psychology of human and work motivation, self-assertion, personality, gender differences, visual and auditory perception, and stages and processes of behavior development and decision-making.

EXER 503. Management and Marketing of PE and Athletic Programs (3)

Course will present a detailed study of marketing principles from the perspective of a school administrator, physical educator, coach, sportsman, athletic director, and/or other related fitness/sports administrators. Specific items of study would include marketing concepts, customer analysis, activity promotion, etc. Management structure and organization will be researched thoroughly. Advertising, public relations, and media strategies will be addressed.

EXER 504. Recreation, Leisure, and Tourism (3)

A comprehensive study of the basic concepts of organized recreation and its philosophy and implementation. An in-depth overview of practices, methods, and processes of leadership, supervision, staff development, etc. as well as a thorough examination and study of the organization and administration of recreation management, logistics, legal issues, etc.

EXER 505. Health, Wellness and Fitness Concepts (3)

Course will include in-depth coverage of the dimensions of health, wellness & fitness. The course is intended to provide knowledge and skills that will enable humans to achieve an optimal healthy lifestyle regardless of age or gender. Emphasis will be placed on making correct choices based on sound principles of researched and applied science and human biological study. The course will present the various options, strategies, issues and implications surrounding the bases of human wellness.

EXER 506. Current Administrative Issues, Problems, and Trends in PE and Athletics (3)

Course will be designed for formulating, designing, and implementing meaningful research into timely and practical educational issues in physical education and/or athletics. The study of a particular topic(s) of special importance, relevance, and currency to physical educators, athletic directors,

coaches, fitness coordinators, department chairs, etc. will be the main theme. Course content may vary with each offering.

EXER 507. The Law in PE and Sport (3)

Course will be a thorough investigation and review of the legal and judicial issues, cases, and history of litigation in physical education and sport. Case research, analysis of law, and current legal issues that apply to physical educators and coaches will be examined in detail. Professional liability, statutory, and landmark cases in movement education will be studied.

EXER 599. Capstone Study (3)

Each student must successfully complete an original, rigorous, and significant research project. The capstone project may be a thesis or take another format, but all projects will be supervised by appropriate Physical Education Department graduate faculty. Any project must have prior approval of the Physical Education Graduate Committee.