

# PHYSICAL EDUCATION (PE)

## PE 1000 Flag Football (1)

Physical Activity Skills Course. Provides an introduction to the concepts, principles, and skills used in football. Students develop skills to enhance their game participation, strategies for improved team performance, and game analysis skills. Students recognize an improvement in general fitness and playing skills through active participation and practice. Appropriate footwear and attire are required. Pass/No Pass. Springs.

## PE 1030 Volleyball (1)

Physical Activity Skills Course. Provides an introduction to the concepts, principles, and skills used in volleyball. Students develop skills to enhance their game participation, strategies for improved team performance, and game analysis skills. Students recognize an improvement in general fitness and playing skills through active participation and practice. Appropriate footwear and attire are required. Pass/No Pass. Falls.

## PE 1040 Pilates Matwork (1)

Physical Activity Skills Course. The Pilates Method is a body conditioning system of stretching and strengthening exercises with the goal of developing fluidity and precision of movement with integration of mind and body. Using the movement system developed by Joseph Pilates, mat work exercises are featured that develop concentration and awareness of key muscle groups with progressive development of strength, flexibility, and control. Pass/No Pass. Falls and Springs.

## PE 1100 Beginning Golf (1)

Physical Activity Skills Course. Provides an introduction to the concepts, principles, and skills used in golf. Students develop basic skills, learn the etiquette and rules of golf, and discuss strategies for improved performance through practice, play, and game analysis. Appropriate footwear and attire are required. Pass/No Pass. Falls.

## PE 1130 Badminton (1)

Physical Activity Skills Course. Provides an introduction to the concepts, principles, and skills used in badminton. Participants develop skills to enhance their game participation, strategies for improved team performance, and game analysis skills. Improvement in game play and general fitness develops through active participation and practice. Appropriate footwear and attire are required. Pass/No Pass. Springs.

## PE 1160 Beginning Tennis (1)

Physical Activity Skills Course. Provides an introduction to the concepts, principles, and skills used in tennis. Participants develop skills to enhance their game participation, strategies for improved performance in both singles and doubles play, and game analysis skills. Playing skills and fitness are developed through active participation and practice. Appropriate footwear and attire are required. Students must provide their own racket and 1 can of new tennis balls. Pass/No Pass. Unscheduled.

## PE 1205 Adventure Photography (2)

The class will discover new views and document them using learned photographic techniques. This 2 credit half semester course will consist of weekly adventures and demonstrated photographic skills around the lakes region of New Hampshire. Students will work to make a connection to nature with themselves and their audience. Pass/No Pass. Springs and Falls.

## PE 1240 Physical Training for Law Enforcement (1)

Physical Activity Skills Course. Prepares students to pass physical fitness testing pursuing employment in the law enforcement field. Fitness activities include all of the components of the various tests that a candidate has to pass upon entrance or exit from a law enforcement academy. May be repeated for a maximum of 4 credits. Pass/No Pass. Falls and Springs.

## PE 1300 T'ai Chi Ch'uan I (1)

Physical Activity Skills Course. Provides instruction in and practice of an ancient Chinese martial arts exercise discipline for health, relaxation, and self-cultivation. The slow stretching and balance movements of tai chi releases tension, increases muscle tone, and improves flexibility and balance. With regular practice, tai chi produces inner quiet, heightened awareness, and dynamic harmony of mind and body. Loose, free moving attire is recommended. Pass/No Pass. Falls and Springs.

## PE 1350 Hiking/Backpacking (1)

Preparation for and participation in safe backpacking in the White Mountains. Includes instruction in equipment and clothing selection and maintenance; conditioning; map reading; effects of weather. Emphasis on safe participation and appreciation of outdoor environment. Intended for non-Adventure Education, non-Athletic Training or non-Physical Education majors. Pass/No Pass. Falls. Springs.

## PE 1390 Weight Training (1)

Physical Activity Skills Course. Provides instruction in basic strength and endurance training using various systems of free weights and resistance machines. Safe and effective exercise techniques, programming, and goal development are addressed in and through supervised, progressive workout sessions. Appropriate footwear and attire are required. Pass/No Pass. Falls and Springs.

## PE 1400 Fitness Walking/Jogging (1)

Physical Activity Skills Course. Provides an opportunity for participants to improve their level of physical fitness and general wellness through a regular and progressive program of walking and/or jogging. Meditative walking, race-walking, and other techniques are explored. The importance of healthy posture, effective conditioning plans, hydration, footwear, and clothing are also discussed. Appropriate footwear and clothing are required. Pass/No Pass. Falls and Springs.

## PE 1420 Scuba (2)

Physical Activity Skills Course. A series of lectures and pool sessions providing instruction in the use of the self-contained underwater breathing apparatus. Open water dives in lake and/or ocean are required to qualify for SCUBA certification. This is a full semester course. Additional course fee required. Pass/No Pass. Falls and Springs. Prerequisite(s): adequate swimming skill.

## PE 1440 Step Aerobics (1)

Physical Activity Skills Course. An opportunity for participation in a series of group aerobics stepping sessions. Participants have the opportunity to improve cardiovascular endurance, muscle endurance, core stability, and flexibility. Each class session is a comprehensive exercise session and includes a warm-up, aerobic stepping, resistance and core training exercises, and a relaxing flexibility training period. Pass/No Pass. Falls and Springs.

**PE 1550 Self-Defense for Women (RAD) (1)**

Physical Activity Skills Course. An introduction to basic self-defense skills, escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. Includes an exploration of violence prevention and victim abuse community services. Addresses basic fitness principles, including strength, flexibility, and cardiovascular fitness. Addresses fitness principles specifically in terms of the student's ability to practice and perform self-defense skills. Provides a threat assessment simulation. Requires clothing and footwear appropriate for physical activity. Some sections are held over a weekend. Additional course fee required. Pass/No Pass. Falls and Springs.

**PE 1555 Self-Defense for Men - RAD (1)**

Physical Activity Skills Course. Participants will have the opportunity to raise their awareness of aggressive behavior, recognize how aggressive behavior impacts their lives, learn steps to avoid aggressive behavior, consider how they can be part of reducing aggression and violence, and practice hands-on self-defense skills to resist and escape aggressive behavior directed toward them. This program is designed to empower participants to make safer choices when confronted with aggressive behavior. Requires clothing and footwear appropriate for physical activity. Some sections are held over a weekend. Additional course fee required. Pass/No Pass. Falls and Springs.

**PE 1700 Yoga (1)**

Physical Activity Skills Course. Provides instruction in the practice of yoga. This ancient health maintenance program involves dynamic balance of breath control with vigorous static and dynamic postures/calisthenics. Participants develop flexibility, tone, postural control and experience healthful relaxation. Attire allowing movement is required. Pass/No Pass. Falls and Springs.

**PE 1880 Special Topics in Physical Activity (1)**

Physical Activity Skills Course. Provides instruction and participation in a specialized recreational and/or health-fitness related activity not offered in other physical activity courses. Repeatable with different topic. Pass/No Pass. Unscheduled.

**PE 1910 Beginning Ice Skating (1)**

Physical Activity Skills Course. Designed to be fun and acquaint students with the fundamentals of ice skating, covering the basic skills of safety, equipment, forward and backward skating, 1 and 2 foot glides, stroking, forward and backward crossovers, stops and beginning turns. Skates are not provided; rental is available. Pass/No Pass. Falls and Springs.

**PE 1920 Beginning Ice Hockey (1)**

Physical Activity Skills Course. Provides instruction in the sport of ice hockey including rules, skills, equipment, and overall knowledge of the sport. Classes are held in the classroom and on the ice. Participants develop better knowledge of the sport while being able to participate in the activity. Skates are not provided; rental is available. Skating skills are expected. Pass/No Pass. Falls and Springs.

**PE 1930 Broomball (1)**

Physical Activity Skills Course. Provides instruction in the sport of broomball including rules, skills, equipment, and overall knowledge of the sport. Participants gain a deeper knowledge of the sport and participate in the activity. Broomball equipment is provided. Pass/No Pass. Falls and Springs.

**PE 1950 Virtual Exercise (1)**

This physical activity course provides students with the opportunity to improve their physical fitness through self-selected virtual exercise sessions from the comfort of their own space. This course is designed to explore exercise modalities and incorporate mind body connection. Students will access virtual exercise content of their choice, connect content with research and document activities through mindful reflection. Pass/No Pass. Pass/No Pass. Springs, Falls, Summers, Winterims.

**PE 1970 Varsity Athletics (1)**

Awards a maximum of 1 credit for the successful completion of 1 session on a varsity team. May not be repeated in same or different varsity team. Students must register for this course and credit during the season of participation. Pass/No Pass. Falls and Springs.

**PE 1990 Selected Activities in Physical Education (1)**

Opportunity is provided for non-Physical Education majors with unusual, extenuating circumstances to gain physical education credit for learning experiences outside the content of courses presently offered. Students, however, must demonstrate extenuating circumstances why the physical education requirement could not be met through the regular offerings. Students are responsible for procuring their own placement, verification, and enrolling prior to the learning experience. Twenty hours are required to earn 1 credit. Credit cannot be received retroactively for previous activity experiences. Intended for non-Adventure Education, non-Athletic Training or non-Physical Education majors. Pass/No Pass. Prerequisite(s): permission of the Department Chair.

**PE 2405 Concepts of Fitness and Skill Performance (2)**

Introduces the concepts of health related and performance related fitness and the essential elements of fundamental skill performance. Introduces Fitness Gram and PE Metrics assessment tools. Students gain experience in personal goal setting based on assessment results; use of heart rate monitors; use of pedometers. Springs. Prerequisite(s): Physical Education majors (all Teacher Certification options). Corequisite(s): EX 2406.

**PE 2406 Concepts of Fitness and Skill Performance Lab (1)**

Develops fundamental skills and fitness levels in physical education and physical education/health education teacher candidates. Students are required to demonstrate competent (mature) skill levels and Healthy Fitness Zone levels on the Fitness Gram for successful completion of this course. Pass/No Pass. Springs. Prerequisite(s): Physical Education majors (all Teacher Certification options). Corequisite(s): EX 2405.

**PE 2415 Introduction to Physical Education and Health Instruction (3)**

Designed to examine the foundations of education and teaching as a profession, including K-12 health and physical education. Topics include societal issues affecting education, pre-service teacher preparation, public legislation applicable to health and physical education, and the status of HE and PE in education. Introduces lesson planning and management techniques. Requires 10 hours of observation in the public schools. Springs. Prerequisite(s): Physical Education majors (all Teacher Certification options).

**PE 2424 Net and Wall Activities (1.5)**

Professional Activity Course. Provides instruction on the elements of net and wall activities. Addresses the principles and skills associated with net and wall activities such as tennis, handball, pickleball, badminton, and volleyball. Activities are designed to prepare students to minimally perform, properly analyze, professionally instruct, and appropriately structure practice for participation and improvement of movement and playing skills. Springs.

Prerequisite(s): Physical Education majors (all Teacher Certification options).

**PE 2425 Lifetime/Leisure Activities (1.5)**

Professional Activity Course. Provides instruction on the elements of selected target and leisure games and activities such as bowling, golf, darts, bocci, and archery. The principles and skills associated with target games are addressed and activities are designed to prepare students to minimally perform, properly analyze, professionally instruct, and appropriately structure practice for participation and improvement of movement and playing skills. Springs.

Prerequisite(s): Physical Education majors (all Teacher Certification options).

**PE 2428 Flexibility, Core, and Balance Training (1.5)**

Professional Activity Course. Provides instruction on the scientific principles and instructional strategies for functional training involving flexibility, core strength, and dynamic balance. Prepares students to minimally perform, properly analyze, professionally instruct, and appropriately structure practice to as practitioners. Addresses techniques to improve functional conditioning for a variety of physical activity and/or sports applications. Falls and Springs.

Prerequisite(s): Health and Human Performance majors or minors only.

**PE 2440 Elementary Activities, Gymnastics and Rhythms (3)**

An applied theory course designed to introduce fundamental movement skills, activities, movement concepts, and teaching methodologies appropriate for elementary physical education, including but not limited to, developmentally appropriate games, activities, gymnastics skills, rhythms, and rhythmic activities. Falls.

Prerequisite(s): Physical Education majors with Teacher Certification Options or pre-Teacher Certification Options only.

**PE 2550 Foundations of Physical Education (3)**

An introduction to the different facets of physical education disciplines and professions. Content includes exposure to the history and philosophy of the discipline, examination of the sub-disciplines, available career options, discussions of current issues and future trends, and ways in which technology is applied in physical education. Falls and Springs. (TECO)

**PE 2640 Burdenko Conditioning (1.5)**

Professional Activity Course. Provides an introduction to the principles and skills of the Burdenko method of movement training. The relationship between land and water exercises and training principles for improved flexibility, balance, endurance, and strength are presented so that students will be prepared to minimally perform, properly analyze, and understand the fundamentals of instruction. Springs.

Prerequisite(s): Health and Human Performance majors or minors only.

**PE 2735 Motor Development (3)**

An examination and analysis of changes in motor behavior across the lifespan, the processes that underlie these changes, and the factors that affect them. Falls.

Prerequisite(s): Physical Education majors (all options).

**PE 2831 Resistance Training Techniques (1.5)**

Professional Activity course. Provides instructions on resistance training theory and professional instructional skills. Prepares students to minimally perform, properly analyze, professionally instruct, and appropriately structure practice using resistance training techniques as practitioners. Addresses techniques to improve muscular strength and endurance. Falls and Springs.

Prerequisite(s): Health and Human Performance majors or minors only.

**PE 2850 Wellness Choices for a Healthy, Active Lifestyle (3)**

Designed to encourage personal awareness and responsibility for optimal health across all dimensions of wellness focusing on the role of physical activity and healthy behaviors. Through weekly lectures, assigned readings, in-class discussions and group activities, and practical application of content, students develop a personal philosophy of wellness, examine wellness attitudes, and develop wellness knowledge and skills necessary for optimal health and personal well-being. Specific topics include an introduction to wellness and fitness, health behavior change, aerobic and muscular fitness, flexibility and back health, exercise-related injuries, wellness diet and energy nutrition, body composition and weight management, body image and ideals, psychological wellness, stress, health and fitness consumerism, addictive behavior, sexual behaviors and communicable disease, as well as chronic disease. Laboratory experiences utilize behavior change strategies to promote behavioral choices that lead to a healthy, active lifestyle across the lifespan. Falls and Springs. (WECO)

**PE 2860 Adventure Programming for Physical Educators (3)**

Introduces the use of a broad model of "adventure" and a multi-dimensional wellness model to facilitate growth in interpersonal and intrapersonal relationships. Students learn how to develop and sequence a variety of indoor and accessible outdoor initiatives for building trust, community, cooperation, conflict resolution, self-confidence, and emotional self-awareness. Students engage in lesson development and assessments that use the full-value contract, challenge by choice goal settings as group process tools. Falls. (WECO)

Prerequisite(s): Physical Education majors (all Teacher Certification options); PE 2415.

**PE 2880 Adventures in Wellness (3)**

Uses adventure education and a multi-dimensional wellness model to facilitate growth in interpersonal and intrapersonal skills. Students participate in a variety of indoor and outdoor adventure initiatives for building trust, community, cooperation, conflict resolution, self-confidence, and emotional self-awareness. Emphasizes gaining knowledge and making positive choices for integrating a balanced, healthy lifestyle. Not open to students with a major in PE Teacher Certification or PE/HE Teacher Certification options. Falls and Springs. (WECO)

**PE 2950 Territorial and Striking/Field Activities (3)**

Professional Activity Course. Provides instruction on the elements of and addresses the principles and skills associated with striking and fielding and territorial activities. Activities are designed to prepare students to minimally perform, properly analyze, professionally instruct, and appropriately structure practice for participation and improvement of playing skills and tactical understanding. Falls.

Prerequisite(s): Physical Education majors (all Teacher Certification options).

**PE 3020 Instructional Strategies I - Elementary (3)**

Focuses on instructional strategies for elementary physical education and health education. Beginning physical education and health education standards are the organizing center. An introduction of state, regional, national guidelines for Physical/Health Education. Practical experience at the elementary level. Falls and Springs.

Prerequisite(s): PE 2415, (PE 2731 or PE 2735), PE 3315; admittance into the Teacher Certification Option; minimum 2.5 cumulative GPA; and permission of the instructor.

Corequisite(s): PE 3050.

**PE 3050 Instructional Strategies I: Elementary Physical Education Teaching Lab (1)**

Provides teacher candidates with practical experience in public schools and in on-campus teaching lab settings at the elementary level in Physical Education. Focuses on applying appropriate instructional strategies and best practices in elementary physical education in a public school and in on-campus teaching lab settings. Falls and Springs.

Corequisite(s): PE 3020.

**PE 3315 Curriculum Design and Implementation (2)**

Curriculum theory and design of standards-based K-12 health and physical education curriculum is course emphasis. Examines national content standards, K-12 curriculum content, curriculum models, assessment, curriculum development and evaluation tools and issues relating to curriculum development in the public school. Falls and Springs.

Prerequisite(s): PE 2415.

**PE 3565 Measurement and Assessment in Physical Education (3)**

Various tests and measurements in physical education are examined; techniques for appraising physical fitness and performance are practiced. Basic statistics are studied and applied. Attention is given to the administration, scoring, and statistical analysis of tests with emphasis on computer application. Falls. (QRCO) (WRCO)

Prerequisite(s): Mathematics Foundations.

**PE 3570 Kinesiology (3)**

Examines structural and functional anatomy and biomechanical principles of human movement. Students will employ fundamental principles of human movement and basic biomechanics in the analysis of human motion. Falls and Springs.

Prerequisite(s): BI 2110 and BI 2130 (may be concurrent).

**PE 3600 Adapted Physical Education (3)**

Students study both theoretical and practical applications in working with children and adolescents who have developmental and physical disabilities. Students are challenged to maximize the motor abilities of these individuals. Studies history, legal mandates, theoretical points-of-view, instructional techniques, and the relationship to adapted physical education to the entire physical education program. Springs.

Prerequisite(s): PE 2731 or PE 2735; Physical Education Teacher Certification or Physical Education and Health Education Teacher Certification Option only.

**PE 3610 Adapted Physical Education (3)**

Students study both theoretical and practical applications working with children and adolescents who have developmental and physical disabilities. Students will maximize the motor abilities of these individuals. Studies history, legal mandates, theoretical points-of-view, instructional techniques, and the relationship to adapted physical education to the entire physical education program. Not open to students who have earned credits for PE 3600. Springs. (DICO)

Prerequisite(s): PE 2731, Minimal grade: D-, Academic level: UG Or PE 2735, Minimal grade: D-, Academic level: UG

**PE 3660 Teaching Assistantship in Physical Education (0.5-3)**

Allows students to serve as a teaching assistant in a selected Physical Education theory or activity course. Responsibilities could include assisting, planning, teaching and/or assessing. Credits depend on course level and level of responsibility: 1000 level courses award 0.5-1 credit; 2000 level courses award 1-2 credits; 3000-4000 level courses award 2-3 credits. Falls and Springs. Repeatable up to 6 credits.

Prerequisite(s): permission of the instructor.

**PE 3710 Special Topics in Physical Education (1-3)**

Topics not covered in other physical education courses are presented and studied, allowing students to extend their experience and competencies in a variety of health-related or sports-oriented topics. May be repeated for credit with different topics. Unscheduled.

**PE 3720 Motor Learning (3)**

An examination of the theoretical foundations and related literature that underlie the learning, performing, and retention of motor skills with implications for teaching, coaching, and physical rehabilitation. Springs and Falls.

**PE 3880 Physical Education Practicum (1-3)**

Designed to give students a practical experience with a specialized focus in selected options that is supervised and controlled by the Department. May be repeated for credit. Pass/No Pass.

Prerequisite(s): Junior status; minimum 2.00 cumulative GPA; approval of the Department Chair.

**PE 4010 Exercise and Health Psychology (3)**

Introduces students to the fields of exercise and health psychology and the common theories and models used to explore health behaviors, with a strong emphasis on physical activity behavior. Learning outcomes include understanding individual health behaviors, facilitating psychological growth and development, comprehension of social, environmental and cultural impacts on health behaviors as well as applying these theories and models to enhance the health and well-being of others. Falls. (INCO) (INCP)

Prerequisite(s): Junior status; Adventure Education, Athletic Training, Exercise and Sport Physiology, Health Education and Promotion, and Physical Education majors only.

**PE 4040 Instructional Strategies II - Secondary (3)**

Designed to provide prospective physical education and health education teachers with the ability to understand, recognize, analyze, and demonstrate the range of teaching skills employed by effective educators at the middle and secondary level. Analysis of teaching methods in the physical education and health education environment (gymnasium, outdoors, classroom) found at the middle and secondary levels. Practical experience. Falls. Instructor permission required.

**PE 4050 Instructional Strategies II: Secondary Physical Education Teaching Lab (1)**

Provides prospective physical education teachers with the ability to demonstrate the range of teaching skills employed by effective educators in a middle or secondary NH public school. Falls and Springs.

Prerequisite(s): minimum grade of C in PE 3020 and PE 3050; minimum 2.60 cumulative GPA; permission of the instructor.

Corequisite(s): PE 4040.



**PE 4710 Physical Education Internship in Teaching K-8 (6)**

The culminating field-based experience for all programs leading to teacher certification. It is a continuous, full-time (5 days per week) experience of 6 credits during which, after a period of structured observations, students gradually assume responsibility for a full range of teaching activities encountered in a school situation, thereby demonstrating the appropriate professional skills and attitudes essential for successful teaching. The Internship in Teaching is conducted under the supervisory guidance of a Mentor Teacher and a University Supervisor. Required seminars complement the experience. Falls and Springs. Instructor permission required.

Prerequisite(s): Minimum grade of C in PE 4040 and either a C or better/P in PE 4050; minimum 2.70 cumulative GPA; permission of the Coordinator of Internships and Field Experience.

Corequisite(s): PE 4815.

**PE 4720 Physical Education Internship in Teaching, 6-12 (6)**

The culminating field-based experience for all programs leading to teacher certification. It is a continuous, full-time (5 days per week) experience of 6 credits during which, after a period of structured observations, students gradually assume responsibility for a full range of teaching activities encountered in a school situation, thereby demonstrating the appropriate professional skills and attitudes essential for successful teaching. The Internship in Teaching is conducted under the supervisory guidance of a Mentor Teacher and a University Supervisor. Required seminars complement the experience. Falls and Springs. Instructor permission required.

Prerequisite(s): Minimum grade of C in PE 4040 and either a C or better/P in PE 4050; minimum 2.70 cumulative GPA; permission of the Coordinator of Internships and Field Experience.

Corequisite(s): PE 4815.

**PE 4730 Physical Education Internship in Teaching, K-12 (12)**

The culminating field-based experience for all programs leading to teacher certification. It is a continuous, full-time (five days per week) experience of 12 credits during which, after a period of structured observations, candidates gradually assume responsibility for a full range of teaching activities encountered in a school situation, thereby demonstrating the appropriate professional skills and attitudes essential for successful teaching. Falls and Springs. Instructor permission required.

Prerequisite(s): Minimum grade of C in PE 4040 and either a C or better/P in PE 4050; minimum 2.70 cumulative GPA; permission of the Coordinator of Internships and Field Experience.

Corequisite(s): PE 4815.

**PE 4815 Teaching Seminar in Physical Education and Physical Education Health Education (1)**

Examines the responsibilities and requisites of the professional educator.

The electronic folio is the central organizing unit for the course that includes both Health and Physical Education's current specialized professional association (SPA) standards. All teaching assignments are completed and submitted via this professional e-folio. Falls and Springs.

Corequisite(s): (PE 4710 and PE 4720) or (PEHE 4710 and PEHE 4720).

**PE 4880 Physical Education Internship (4-12)**

For students desiring a culminating educational experience with a wide range of practical on-the-job work in their selected option. The Internship is in agencies that are approved, supervised and evaluated by the Department. May be repeated for credit.

Prerequisite(s): minimum 2.70 GPA (cumulative and major); Junior standing; approval of the Department Chair.

**PE 4910 Independent Study (1-3)**

A student-initiated research project on a selected topic agreed to by a Department faculty tutor. Consent required of the instructor who will supervise the independent study and the Department Chair.

Prerequisite(s): minimum 2.50 cumulative GPA.