

# Physical Education and Human Performance

*Chair, Associate Professor A. Fincannon*  
*Professors J. Romine, D. Taylor*  
*Associate Professors T. Krause, J. Marsee, P. Patterson, L. Winterholter*  
*Assistant Professors E. Hayes, D. Johnson, A. Stucky*  
*Instructors B. Smith, G. Wolfe*

The physical education and human performance department has two major purposes: (1) to prepare competent, caring and reflective Christian leaders for world service in coaching, exercise science, health, physical education and sport management; and (2) to help students acquire the skills and attitudes for lifetime wellness, as well as wholesome and active use of their leisure time.

Baccalaureate degrees are offered in health and physical education (teacher education), sport management and exercise science. A coaching certificate is offered through the department for students who are interested in studying sport and coaching. Candidates for the bachelor of arts degree must complete two years of a foreign language.

The three-hour PHP requirement in general education must be met by taking PHP 100 and two hours of PHP 200 in two different activities (one hour of PHP 200 credit may be met by taking PHP 300, 302, 333 or 334). Elementary education majors satisfy one hour of PHP 200 by taking PHP 250.

## **Health and Physical Education (Teacher Education)**

Students who meet graduation requirements in the physical education teacher education program, successfully complete student teaching, and meet the Indiana qualifying scores on the required Praxis I and Praxis II tests will be eligible for Indiana certification. The Physical Education Teacher Education program meets all of the Indiana Professional Standards Board performance standards. Students planning to be certified in states other than Indiana have the responsibility of determining certification requirements in those states. Detailed curriculum guides are available from the education department and the physical education and human performance department.

## **Health and Physical Education (BS)**

Students completing the bachelor of science degree or bachelor of arts degree with a major in health and physical education for K-12 certification must complete 128 total hours and 54 hours in the major. *Majors must take CAS 110 to meet their general education speaking requirement.*

### **Professional Education**

EDU 150	3	Education in America
EDU 210	3	Writing for Teachers
EDU 260	3	Educational Psychology
EDU 309	1	Teaching in Secondary, Junior High/Middle School-Special Methods
EDU 310	2	Discipline and Classroom Management
EDU 415	1	Student Teaching Seminar
EDU 431	15	Supervised Internship in Secondary Schools
PHP 309	3	Special Methods of Teaching Secondary Physical Education
PSY 350	3	Child and Adolescent Psychology
SED 320	3	Exceptional Children

### **Health and Physical Education Requirements**

BIO 244	4	Human Anatomy and Physiology I
BIO 245	4	Human Anatomy and Physiology II
PHP 111	3	Introduction to Human Performance
PHP 213	2	Substance Abuse Education
PHP 214	3	Health and Sexuality
PHP 225	3	Care and Prevention of Athletic Injuries
PHP 252	3	Methods of Teaching Elementary Physical Education
PHP 271	1	CPR for Healthcare Providers
PHP 275	3	Methods of Sport Skills and Activities
PHP 301	3	Methods of Teaching Secondary Health
PHP 316	3	Applied Nutrition
PHP 324	2	Motor Learning
PHP 380	2	Evaluation of Physical Education
PHP 381	3	Kinesiology
PHP 382	3	Physiology of Exercise
PHP 392	2	Adapted Physical Education and Recreation
PHP 402	3	Administration of Human Performance
PHP 472	2	Psychology of Coaching

### **Team Sports or Individual Sports**

Select a minimum of *two* courses from the following:

PHP 200F	1	Softball
PHP 200K	1	Basketball
PHP 200M	1	Challenge Course Adventure
PHP 200Q	1	Outdoor Activities
PHP 200S	1	Soccer
PHP 200V	1	Volleyball
PHP 200Z	1	Athletic Participation
PHP 393	1-4	Practicum (Department Approved – PHP 200)

Select *one* course from the following:

PHP 231	2	Officiating of Men's & Women's Sports
PHP 270	2	Selected Topics
PHP 361	2	Coaching of Football
PHP 362	2	Coaching of Volleyball
PHP 363	2	Coaching of Basketball
PHP 364	2	Coaching of Baseball
PHP 365	2	Coaching of Softball
PHP 366	2	Coaching of Track and Field

## **Exercise Science**

The exercise science major is designed to prepare students for two differing areas of this field: (1) for the student who wants to enter the field of health, sport science and human performance in biomechanics, strength and conditioning specialist, personal trainer, director of fitness or health related programs; or (2) as a preparatory degree to enter the field of occupational therapy, physical therapy, sports medicine and exercise physiology [graduate school will be required for many of these professions].

**Exercise Science/Exercise and Fitness Concentration (BA)**

The bachelor of arts degree with a major in exercise science and a concentration in exercise and fitness requires two years of sequential study in one foreign language and 51 hours in the major.

**Major Requirements**

BIO 244	4	Human Anatomy and Physiology I
BIO 245	4	Human Anatomy and Physiology II
PHP 111	3	Introduction to Human Performance
PHP 210	1	Human Performance Technology
PHP 213	2	Substance Abuse Education
PHP 215	2	Health, Exercise, and Aging
PHP 217	3	Wellness Programs
PHP 225	3	Care and Prevention of Athletic Injuries
PHP 271	1	CPR for Healthcare Providers
PHP 316	3	Applied Nutrition
PHP 318	2	Therapeutic Exercise and Rehabilitation
PHP 346	2	Public and Community Health
PHP 353	3	Physical Fitness Assessment
PHP 381	3	Kinesiology
PHP 382	3	Physiology of Exercise
PHP 393	1	Practicum A (Taylor KSAC Well)
PHP 393	1	Practicum B (Shadowing a Professional)
PHP 402	3	Administration of Human Performance
PHP 453	3	Physical Fitness Prescription
PHP 492	4	Internship

**Suggested Electives for Areas of Specialization**

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
CAS 261	3	Introduction to Public Relations
ENT 420	3	Creativity and Concept Development
ENT 422	3	New Venture Planning
MAT 210	4	Introductory Statistics
MGT 201	3	Business Basics Boot Camp
MGT 352	3	Management Analysis and Practice
MKT 231	3	Principles of Marketing
PHP 214	3	Health and Sexuality
PHP 317	2	EKG and Stress Testing
PHP 324	2	Motor Learning
PHP 328	3	Principles of Strength Training
PHP 355	2	Research Methods in Exercise Science
PHP 360	1-4	Independent Study
PHP 370	1-4	Selected Topics
PHP 392	2	Adapted Physical Education and Recreation
PHP 472	2	Psychology of Coaching
PSY 200	3	Introduction to Psychology
PSY 250	3	Life Span Development
PSY 410	3	Motivation
PSY 441	3	Physiological Psychology

**Exercise Science/Exercise and Fitness Concentration (BS)**

The bachelor of science degree with a major in exercise science and a concentration in exercise and fitness requires 65 hours in the major.

**Major Requirements**

BIO 244	4	Human Anatomy and Physiology I
BIO 245	4	Human Anatomy and Physiology II
PHP 111	3	Introduction to Human Performance
PHP 210	1	Human Performance Technology
PHP 213	2	Substance Abuse Education
PHP 215	2	Health, Exercise, and Aging
PHP 217	3	Wellness Programs
PHP 225	3	Care and Prevention of Athletic Injuries
PHP 271	1	CPR for Healthcare Providers
PHP 316	3	Applied Nutrition
PHP 318	2	Therapeutic Exercise and Rehabilitation
PHP 346	2	Public and Community Health
PHP 353	3	Physical Fitness Assessment
PHP 381	3	Kinesiology
PHP 382	3	Physiology of Exercise
PHP 393	1	Practicum A (Taylor KSAC Well)
PHP 393	1	Practicum B (Shadowing a Professional)
PHP 402	3	Administration of Human Performance
PHP 453	3	Physical Fitness Prescription
PHP 492	4	Internship

**Electives**

Select at least 14 hours from:

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
CAS 261	3	Introduction to Public Relations
ENT 420	3	Creativity and Concept Development
ENT 422	3	New Venture Planning
MAT 210	4	Introductory Statistics
MGT 201	3	Business Basics Boot Camp
MGT 352	3	Management Analysis and Practice
MKT 231	3	Principles of Marketing
PHP 214	3	Health and Sexuality
PHP 317	2	EKG and Stress Testing
PHP 324	2	Motor Learning
PHP 328	3	Principles of Strength Training
PHP 355	2	Research Methods in Exercise Science
PHP 360	1-4	Independent Study
PHP 370	1-4	Selected Topics
PHP 392	2	Adapted Physical Education and Recreation
PHP 472	2	Psychology of Coaching
PSY 200	3	Introduction to Psychology
PSY 250	3	Life Span Development
PSY 410	3	Motivation
PSY 441	3	Physiological Psychology

**Exercise Science/Pre-Professional Concentration (BA)**

The bachelor of arts degree with a major in exercise science and a pre-professional concentration requires two years of sequential study in one foreign language and 58 hours in the major.

**Major Requirements**

BIO 101	4	Principles of Cell Biology
BIO 244	4	Human Anatomy and Physiology I
BIO 245	4	Human Anatomy and Physiology II
PHP 111	3	Introduction to Human Performance
PHP 210	1	Human Performance Technology
PHP 225	3	Care and Prevention of Athletic Injuries
PHP 271	1	CPR for Healthcare Providers
PHP 316	3	Applied Nutrition
PHP 317	2	EKG and Stress Testing
PHP 318	2	Therapeutic Exercise and Rehabilitation
PHP 353	3	Physical Fitness Assessment
PHP 355	2	Research Methods in Exercise Science
PHP 381	3	Kinesiology
PHP 382	3	Physiology of Exercise
PHP 393	1	Practicum A (Taylor KSAC Well)
PHP 393	1	Practicum B (Shadowing a Professional)
PHP 402	3	Administration of Human Performance
PHP 450	2	Directed Research
PHP 453	3	Physical Fitness Prescription
PHP 482	3	Advanced Physiology of Exercise
PHP 492	4	Internship

Select one course from the following:

MAT 210	4	Introductory Statistics
PSY 330	3	Statistics and Design in Psychological Research
SOC 355	3	Applied Social Statistics

**Recommended Electives for Areas of Specialization**

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
BIO 200	4	Human Nutrition
BIO 331	4	Comparative Anatomy
BIO 452	4	Animal Physiology
BIO 471	4	Microbiology and Immunology

**Recommended Electives for Areas of Specialization**

CAS 261	3	Introduction to Public Relations
CHE 201	4	General Chemistry I
CHE 202	4	General Chemistry II
CHE 211	4	College Chemistry I
CHE 212	4	College Chemistry II
CHE 311	4	Organic Chemistry I
CHE 312	4	Organic Chemistry II
CHE 411	3	Biochemistry I
CHE 412	3	Biochemistry II
ECO190	3	Issues in Economics
MAT 140	3	Fundamental Calculus for Applications
MAT 145	3	Introduction to Functions and Calculus
MAT 146	3	Functions and Calculus
MAT 151	4	Calculus I
MGT 352	3	Management Analysis and Practice
MKT 231	3	Principles of Marketing
PHP 213	2	Substance Abuse Education
PHP 215	2	Health, Exercise, and Aging
PHP 217	3	Wellness Programs
PHP 315	3	Methods of Rehabilitation
PHP 324	2	Motor Learning
PHP 327	3	Physical Assessment
PHP 346	2	Public and Community Health
PHP 360	1-4	Independent Study
PHP 392	2	Adapted Physical Education and Recreation
PHP 472	2	Psychology of Coaching
PHY 203	4	General Physics I
PHY 204	4	General Physics II
PHY 211	4	University Physics I
PHY 212	5	University Physics II
PSY 200	3	Introduction to Psychology
PSY 220	3	Sport Psychology
PSY 250	3	Life Span Development
PSY 300	4	Abnormal Psychology
PSY 410	3	Motivation
SYS 101	3	Introduction to Systems

**Exercise Science/Pre-Professional Concentration (BS)**

This course of study is recommended for students interested in preparing for graduate school for Physical Therapy, Occupational Therapy, Cardiac Rehabilitation, and other allied health fields. The bachelor of science degree with a major in exercise science and a pre-professional concentration requires 72 hours in the major.

**Major Requirements**

BIO 101	4	Principles of Cell Biology
BIO 244	4	Human Anatomy and Physiology I
BIO 245	4	Human Anatomy and Physiology II
PHP 111	3	Introduction to Human Performance
PHP 210	1	Human Performance Technology
PHP 225	3	Care and Prevention of Athletic Injuries
PHP 271	1	CPR for Healthcare Providers
PHP 316	3	Applied Nutrition
PHP 317	2	EKG and Stress Testing
PHP 318	2	Therapeutic Exercise and Rehabilitation
PHP 353	3	Physical Fitness Assessment
PHP 355	2	Research Methods in Exercise Science
PHP 381	3	Kinesiology
PHP 382	3	Physiology of Exercise
PHP 393	1	Practicum A (Taylor KSAC Well)
PHP 393	1	Practicum B (Shadowing a Professional)
PHP 402	3	Administration of Human Performance
PHP 450	2	Directed Research
PHP 453	3	Physical Fitness Prescription
PHP 482	3	Advanced Physiology of Exercise
PHP 492	4	Internship

Select one course from the following:

MAT 210	4	Introductory Statistics
PSY 330	3	Statistics and Design in Psychological Research
SOC 355	3	Applied Social Statistics

**Electives**

Select at least 14 hours from:

BIO 331	4	Comparative Anatomy
BIO 471	4	Microbiology and Immunology
CHE 201	4	General Chemistry I
CHE 202	4	General Chemistry II
CHE 211	4	College Chemistry I
CHE 212	4	College Chemistry II
CHE 311	4	Organic Chemistry I

CHE 312	4	Organic Chemistry II
CHE 411	3	Biochemistry I
CHE 412	3	Biochemistry II
MAT 140	3	Fundamental Calculus for Applications
MAT 145	3	Introduction to Functions and Calculus
MAT 146	3	Functions and Calculus
MAT 151	4	Calculus I
PHP 324	2	Motor Learning
PHP 360	1-4	Independent Study
PHY 203	4	General Physics I
PHY 204	4	General Physics II
PHY 211	4	University Physics I
PHY 212	5	University Physics II
PSY 250	3	Life Span Development
PSY 300	4	Abnormal Psychology

**Suggested Electives for Areas of Specialization**

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
BIO 200	4	Human Nutrition
BIO 452	4	Animal Physiology
BIO 471	4	Microbiology and Immunology
CAS 261	3	Introduction to Public Relations
ECO190	3	Issues in Economics
MGT 352	3	Management Analysis and Practice
MKT 231	3	Principles of Marketing
PHP 213	2	Substance Abuse Education
PHP 215	2	Health, Exercise, and Aging
PHP 217	3	Wellness Programs
PHP 315	3	Methods of Rehabilitation
PHP 327	3	Physical Assessment
PHP 346	2	Public and Community Health
PHP 360	1-2	Independent Study
PHP 392	2	Adapted Physical Education and Recreation
PHP 472	2	Psychology of Coaching
PSY 200	3	Introduction to Psychology
PSY 220	3	Sport Psychology
PSY 410	3	Motivation
SYS 101	3	Introduction to Systems

## Coaching Certificate

The department offers a 15-18 hour coaching certificate for any student interested in training and preparation for the coaching profession. Students from any major are eligible for this course of study. The certificate helps prepare students for opportunities in coaching, leading camps, youth athletic ministry opportunities, and recreational leadership. Application for completion of the coaching certificate should be initiated with the chair of the department.

### Certificate Requirements

Select one option from the following:

#### Option I

PHP 393	4	Practicum
PHP 220	4	Principles of Coaching

#### Option II

PHP 225	3	Care and Prevention of Athletic Injuries
PHP 382	3	Physiology of Exercise
PHP 402	3	Administration of Human Performance
PHP 472	2	Psychology of Coaching

Select a minimum of four hours from:

PHP 251	2	Coaching of Volleyball
PHP 261	2	Coaching of Basketball
PHP 312	2	Coaching of Baseball and Softball
PHP 333	1	Water Safety Instructor
PHP 361	2	Coaching of Football
PHP 370	1-4	Selected Topics ( <i>in coaching other sports</i> )
PHP 372	2	Coaching of Track and Field

### Electives

Select three hours of electives not previously used from:

*PHP 200F	1	Softball
*PHP 200K	1	Basketball
*PHP 200T	1	Tennis
*PHP 200V	1	Volleyball
*PHP 200W	1	Weight Training
PHP 200Z	1	Athletic Participation
PHP 225	3	Care and Prevention of Athletic Injuries
PHP 231	2	Officiating of Men's and Women's Sports
PHP 271	1	CPR for Healthcare Providers
PHP 272	1	First Aid
PHP 381	3	Kinesiology
PHP 382	3	Physiology of Exercise
PHP 402	3	Administration of Human Performance
PHP 472	2	Psychology of Coaching

\*Only one hour from PHP 200F, 200K, 200T, 200V, or 200W may be applied. In addition, elective courses cannot count as both an elective and a substitute for PHP 220.

## Sport Management

The sport management major blends two disciplines: business and physical education. This major addresses the Taylor emphasis on Christian service in a growing area of sport business. The student will learn to identify and understand the internal and external factors that shape sports in a culture, apply management skills and evaluate the goals of a variety of sport organizations (high school, college, and professional), and be able to apply fundamental marketing concepts to the sports industry. The student majoring in sport management will become familiar with the various agencies governing sports from the professional, collegiate, high school, and amateur levels. An internship is required for both baccalaureate degrees in sport management.

The sport management major follows the Sport Management Program Standards and Review Protocol from the National Association for Sport and Physical Education (NASPE) and the North American Society for Sport Management (NASSM). Taylor students will be adequately prepared for sport management graduate study or entrance into a sport business career.

## Sport Management (BA)

The bachelor of arts degree with a major in sport management requires two years of one foreign language and 50 hours.

### Major Requirements

ACC 241	3	Accounting Principles I
ECO 190	3	Issues in Economics
HRM 362	3	Human Resource Management
MGT 311	3	Business Law
MGT 352	3	Management Analysis and Practice
MKT 231	3	Principles of Marketing
PHP 111	3	Introduction to Human Performance
PHP 210	1	Human Performance Technology
PHP 220	4	Principles of Coaching
PHP 350	3	Sport Management
PHP 351	3	Sport Public Relations
PHP 480	2	Seminar in Sport Management
PHP 492	4	Internship

### Electives

Select 12 hours of electives from:

ACC 242	3	Accounting Principles II
CAS 120	3	Interpersonal Communication
CAS 261	3	Introduction to Public Relations
ECO 201	4	Principles of Microeconomics
ECO 202	3	Principles of Macroeconomics
FIN 361	3	Corporate Finance
MAT 210	4	Introductory Statistics
MGT 411	3	Advanced Business Law
MGT 442	3	Business Ethics
MGT 452	3	Strategic Management
MKT 312	3	Professional Selling
MKT 410	3	Marketing Research
MKT 412	3	Advertising and Promotional Strategy
PHP 355	2	Research Methods in Exercise Science
PHP 360	1-2	Independent Study
PHP 393	1-4	Practicum
PHP 402	3	Administration of Human Performance
PHP 472	2	Psychology of Coaching
PSY 220	3	Sport Psychology

## Sport Management (BS)

The bachelor of science degree with a major in sport management requires 64-66 hours.

### Major Requirements

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
ECO 201	4	Principles of Microeconomics
ECO 202	3	Principles of Macroeconomics
HRM 362	3	Human Resource Management
MGT 311	3	Business Law
MGT 352	3	Management Analysis and Practice
MKT 231	3	Principles of Marketing
PHP 111	3	Introduction to Human Performance
PHP 220	4	Principles of Coaching
PHP 350	3	Sport Management
PHP 351	3	Sport Public Relations
PHP 355	2	Research Methods in Exercise Science
PHP 480	2	Seminar in Sport Management
PHP 492	4	Internship

### Additional Major Requirements

MGT 260	3	Business Systems Applications
SYS 101	3	Introduction to Systems

Select one option from the following:

MAT 151	4	Calculus I
†MAT 145	3	Introduction to Functions and Calculus
and		
†MAT 146	3	Functions and Calculus

†MAT 145 & 146 count as one option.

### Electives

Select nine hours of electives from:

CAS 120	3	Interpersonal Communication
CAS 261	3	Introduction to Public Relations
FIN 361	3	Corporate Finance
MAT 210	4	Introductory Statistics
MGT 411	3	Advanced Business Law
MGT 442	3	Business Ethics
MGT 452	3	Strategic Management
MKT 312	3	Professional Selling
MKT 410	3	Marketing Research
MKT 412	3	Advertising and Promotional Strategy
PHP 360	1-2	Independent Study
PHP 393	1-4	Practicum
PHP 402	3	Administration of Human Performance
PHP 472	2	Psychology of Coaching
PSY 220	3	Sport Psychology

## Physical Education and Human Performance Courses

### PHP 100

1 hour

#### Fitness for Life

A course on the importance of wellness, including the spiritual basis, and how individuals can achieve a state of wellness in their lives. Content includes the health-related components of physical fitness, hypokinetic diseases, nutrition, AIDS and sexuality, substance abuse, cancer, and stress management. Students are expected to engage in a program of regular physical activity during the semester, and a battery of tests is given to assess each student's level of physical fitness. This course, a requirement for all students, satisfies one of the three general education requirements in PHP.

### PHP 111

3 hours

#### Introduction to Human Performance

This course is an introduction to the fields of health, physical education, sport, and fitness. The content includes a study of play; definitions, objectives, history, and philosophies of these fields; basic content of movement; and contemporary issues and possible careers in these fields. Offered fall and spring semesters.

### PHP 170

1-4 hours

#### Selected Topics

A course offered on a subject of interest but not listed as a regular course offering. May count toward the departmental major and general education requirements.

†**PHP 200I**—The individualized physical education course is designed for students who fit into one of the following categories: (1) the student has a physical problem that prohibits completion of another PHP 200 course; (2) the student would like to do an activity that is not offered as an PHP 200 course; or (3) the student is near graduation and cannot schedule another PHP 200 course. Students design personal physical fitness programs that must include cardiovascular activities and then engage in those physical fitness programs throughout the semester. Pre- and post-physical fitness assessments are administered, and a cognitive assignment is required. Students must apply to and be approved by the instructor in order to register for the course. Prerequisites: PHP 100 and PHP 200 (1 credit).

†**PHP 200Z**—The athletic participation course is designed for students who compete on an NAIA intercollegiate athletic team. New student athletes will complete this course and required academic program in the first term in which they are participating in the sport. Students must apply and be approved by the athletic director and PHP department chair to receive academic credit for this course. Credit will not be given retroactively for athletic participation. Credit may be elected only one time.

### PHP 200x

1 hour

#### General Physical Education Activity and Aerobic Courses

These courses encourage students to adopt an active physical lifestyle and maintain physical fitness and wellness throughout their lives. Students learn about activities and develop skills for participation in lifetime sports. A variety of courses are offered each semester from the list below. Prerequisite: PHP 100.

PHP 200A	Aerobic Conditioning
PHP 200AW	Aerobic Walking
PHP 200B	Badminton
PHP 200C	Weight Control and Fitness
PHP 200CC	Camping and Canoeing (offered summers)
PHP 200D	Square Dance
PHP 200F	Softball
PHP 200FD	Folk Dances of Other Cultures
PHP 200FF	Fly Fishing
PHP 200FN	Functional Fitness
PHP 200G	Golf
PHP 200H	Beginning Horsemanship
†PHP 200I	Individualized Physical Education
PHP 200J	Acting
PHP 200JG	Jogging
PHP 200K	Basketball
PHP 200L	Bowling
PHP 200M	Challenge Course Adventure
PHP 200N	Total Fitness
PHP 200P	Personal Fitness
PHP 200PB	Pickleball
PHP 200Q	Outdoor Activities
PHP 200R	Racquetball
PHP 200RU	Running
PHP 200S	Soccer
PHP 200T	Tennis
PHP 200U	Circuit Training
PHP 200V	Volleyball
PHP 200W	Weight Training
PHP 200WA	Well Aerobics
PHP 200Y	Cycling
†PHP 200Z	Athletic Participation

### PHP 210

1 hour

#### Human Performance Technology

Students are introduced to a variety of general and specialized applications of microcomputers and related technologies available to the PHP major. Lab opportunities include the Academic Enrichment Center computer lab, Zondervan Library student computer lab, training and rehabilitation rooms, and field trips. Prerequisite: COS 104 or 106. Offered fall semester.

**PHP 213** 2 hours  
**Substance Abuse Education**  
The course is designed to prepare professionals for drug education. The scope of the course is wide and includes the following basic areas: drug terminology, pharmacology, psychodynamics, legal and law enforcement perspectives, social and cultural determinants, ethical and moral alternatives, behavioral aspects, and educational strategies. A strong emphasis is placed on developing guidelines for decision making in our society. The purpose is to exchange the best amount of information on drug use, misuse, and abuse available. *Offered spring semester of even years.*

**PHP 214** 3 hours  
**Health and Sexuality**  
This course is designed to prepare future health educators to teach the relationship between health and human sexuality. The class activities will include lectures/discussions, peer teaching, development of an abstinence-based curriculum, and lectures by outside resource personnel. *Offered fall semester of even years.*

**PHP 215** 2 hours  
**Health, Exercise, and Aging**  
The course is designed to examine common health-related physiological changes, current issues, and concerns as they pertain to the aging individual. *Prerequisites: PHP 100; PHP 111 or permission of instructor. Offered spring semester of odd years.*

**PHP 217** 3 hours  
**Wellness Programs**  
This course is a study of the philosophy, goals, objectives, organization, content, and methods of wellness programs. Characteristics of various clientele and how programs can be developed to meet their specific needs will be studied. *Prerequisite: PHP 111. Offered spring semester of odd years.*

**PHP 220** 4 hours  
**Principles of Coaching**  
This course is a study of the duties and responsibilities of coaches and the potential problems and issues they may face. The content will include the four major areas of coaching certification programs: medical aspects, physiological aspects, psychological aspects, and organization and administration aspects. Methods and strategies of handling the responsibilities and the problems will be studied. *Offered fall semester of even years.*

**PHP 225** 3 hours  
**Care and Prevention of Athletic Injuries**  
Instruction and practical lab experience dealing with the history, organizational, and administrative concerns of sports medicine; the classifications and characteristics of athletic injuries; and the physiological responses and treatment of those injuries, as well as sport-specific concerns about emergency care, strength and conditioning, nutrition, and protective sports devices used by the coach and athletic trainer. *Prerequisite: PHP 111. Offered fall and spring semesters.*

**PHP 231** 2 hours  
**Officiating of Men's and Women's Sports**  
A study of the officiating skills and techniques needed for various men and women's sports. The opportunity to earn official's rating is provided. *Offered fall semester of odd years.*

**PHP 250** 3 hours  
**Elementary School Health and Physical Education**  
A course designed to equip the elementary education student with a basic understanding of teaching concepts associated with physical education activities and appropriate health and safety practices. Fundamental content of the areas of physical education, health, and safety, as well as teaching methods, are explored. *Prerequisite: PHP 100.*

**PHP 252** 3 hours  
**Methods of Teaching Elementary Physical Education**  
Students learn how to teach elementary physical education by studying and practicing various teaching methods with peers or other groups. The content of the elementary physical education curriculum, motor development, and characteristics of elementary school children are also studied. *Prerequisite: PHP 111. Offered fall semester of odd years.*

**PHP 270** 1-4 hours  
**Selected Topics**  
A course offered on a subject of interest but not listed as a regular course offering. *May count toward the departmental major and general education requirements.*

**PHP 271** 1 hour  
**CPR for Healthcare Providers**  
Successful completion of this course will certify participants in the techniques of Basic CPR according to both American Heart Association and American Red Cross standards. Priority registration for this course is given to health and physical education and exercise science majors.

**PHP 272** 1 hour  
**First Aid**  
Instruction and practical experience designed by the National Safety Council to educate the layperson or health care worker in the fundamental knowledge and skills of first aid for victim assessment: bleeding wounds; poisoning; burns; cold and heat emergencies; bone, joint, and muscle injuries; victim transportation; and other first aid concerns. Priority registration for this course is given to health and physical education and exercise science majors.

**PHP 275** 3 hours  
**Methods of Sport Skills and Activities**  
This course is designed to teach the terminology, skills, rules and teaching progressions in various sports and activities. Students will also be introduced to various teaching methodologies and instructional materials appropriate for teaching physical education. This course is designed to be taken as the first in the teaching methods sequences in elementary and secondary physical education methods. *Prerequisites: PHP 100 and 111.*

**PHP 300** 1 hour  
**Basic Swimming Skills**  
Basic proficiency in swimming skills and water safety. Presently, this course is not taught by Taylor University, but PHP majors are allowed one hour of credit if they satisfactorily complete basic swimming, intermediate swimming, or emergency water safety courses at another institution.

**PHP 301** 3 hours  
**Methods of Teaching Secondary Health**  
Students learn how to teach health in secondary schools. Appropriate methods will be studied, and students will plan units and individual lessons, teach lessons to peers or other groups, and manage the class. *Prerequisites: PHP 111, 213, 214, 216, 271, 272 or permission of instructor. Offered fall semester of even years.*

**PHP 302** 1 hour  
**Lifeguard Training**  
This course is designed to train an individual in the proper methods for rescue, water safety, first aid, CPR, and other skills necessary for lifeguarding. *Prerequisite: PHP 100. Offered fall semester.*

**PHP 309** 3 hours  
**Special Methods of Teaching Secondary Physical Education**  
Methods of teaching physical education at the secondary and junior/middle school levels are taught in this course. Topics include teaching as a profession, professionalism, professional development, INTASC principles, Indiana Content Standards, the discipline of physical education, curriculum and curriculum models, planning for instruction, methods of instruction, characteristics of learners, teaching styles, diversity, psychomotor learning, parent/community relations, legal issues, and classroom management. Practical exercises, peer teaching and school participation visits are used to give the candidates opportunities to practice various methods of teaching. *Prerequisites: PHP 100 and 111, EDU 150, 260 and approval of the Teacher Education Program. Corequisite: EDU 309.*

**PHP 315** 3 hours  
**Methods of Rehabilitation**  
A study of the exercise and rehabilitation approaches used in preventing and treating athletic injuries. The course also covers therapeutic modalities (electricity, sound, heat, cold, etc.) that are used in the rehabilitation process. *Prerequisite: PHP 111 or permission of instructor. Offered spring semester of odd years.*

- PHP 316** **Applied Nutrition** **3 hours**  
This course is a study of basic human nutrition, fundamentals of digestion, absorption and metabolism, nutrients and their roles, ergogenic aids, eating disorders, body composition assessment, and nutrition for athletics and wellness. *Prerequisite: PHP 100; PHP 111 or permission of instructor. Offered fall semester of even years.*
- PHP 317** **EKG and Stress Testing** **2 hours**  
This course is designed to provide the undergraduate exercise science student with the basic knowledge and skills needed to interpret resting and exercise EKG's. Emphasis will be placed on 1) learning normal vs. abnormal EKG patterns at rest and during exercise, 2) the effects of cardiovascular medication on the resting or exercise EKG, and various physiologic responses to exercise testing. An additional purpose of the course is to introduce the undergraduate exercise science student to selected cardiac assessment techniques. *Offered January term.*
- PHP 318** **Therapeutic Exercise and Rehabilitation** **2 hours**  
A detailed study in the exercise and rehabilitation approaches used in preventing and treating athletic injuries. Case studies and a review of rehabilitation protocols will occur. Lab experiences allow students to apply these techniques. Course is team taught with a physical therapist. *Prerequisite: BIO 245 or permission of program director.*
- PHP 324** **Motor Learning** **2 hours**  
A study of the theories and research of the processes of learning motor skills. The application of appropriate methods of teaching motor skills is studied and practiced to enable the students to understand how they can be used effectively. *Prerequisite: PHP 111 or instructor permission. Offered fall semester of odd years.*
- PHP 327** **Physical Assessment** **3 hours**  
This course covers the evaluation of orthopedic injuries and medical conditions that occur in sports and to the physically active. Instruction and practice of assessment techniques will be done in the following areas: emergency medicine, pediatrics, dermatology, orthopedics, podiatry, sports medicine, and athletes with special needs. Guest speakers from various medical specialties will present. *Prerequisite: PHP 111 or permission of instructor. Offered spring semester of even years.*
- PHP 328** **Principles of Strength Training and Conditioning** **3 hours**  
This course is the study of the essentials of strength training and conditioning for practitioners and prepares students for certification with the National Strength and Conditioning Association (N.S.C.A.). The course will cover the following: biomechanics of exercise, rehabilitation, bioenergetics of training, aerobic exercise prescription, resistance training, speed and plyometric training. *Prerequisite: PHP 100 and BIO 244. Offered spring semester.*
- PHP 333** **Water Safety Instructor** **1 hour**  
Instruction in the skills, terminology, and progressions of teaching swimming strokes and water safety. The course includes both knowledge of the skills and physical performance of the skills. Successful completion of the American Red Cross requirements leads to certification in Red Cross WSI. *Offered spring semesters.*
- PHP 334** **Lifeguard Training Instructor** **1 hour**  
Acquisition of the skills, terminology, and progressions for teaching American Red Cross Lifeguard instructor training. The course includes both knowledge of the skills and physical performance of the skills. Successful completion of the American Red Cross requirements leads to certification as a Red Cross LGI. *Prerequisite: PHP 302.*
- PHP 345** **Challenge Course Facilitator Certification** **3 hours**  
This class will allow for a challenge course adventure within a small group experience, and then model and teach the skills necessary for safe facilitation of an adventure course. This includes high and low course safety habits, equipment–Personal Safety Gear, Emergency procedures–Rescues, knots, debriefing, creation of your own initiative, and operation of the Taylor University Escape to Reality course. *Prerequisites: PHP 100 and 200x.*
- PHP 346** **Public and Community Health** **2 hours**  
This course illustrates how the health of populations is promoted and protected by organized public health practice. Students are acquainted with current evolving concepts and performance of these practices and are introduced to essential public health services. Emphasizes the problem-solving approach through small-group interaction case method and critical incident techniques.
- PHP 350** **Sport Management** **3 hours**  
This course is a study of the roles, functions, and responsibilities of the person who manages sports programs. The emphasis is on how these functions can be successfully performed in various sports organizations. *Prerequisite: PHP 111. Offered spring semester of even years.*
- PHP 351** **Sport Public Relations** **3 hours**  
This course is an introduction to the responsibilities of communicating with the public in a sports organization and the techniques and strategies that can be used to effectively promote sports. Assignments provide students with practical experiences with these techniques and strategies. *Prerequisite: PHP 111. Offered fall semester of odd years.*
- PHP 353** **Physical Fitness Assessment** **3 hours**  
This course will provide a comprehensive study of the components of physical fitness and methods of assessing fitness levels within each component. Health assessment and risk analysis instruments will also be examined. The course consists of classroom work, practical assessment projects, and some field experiences. Each student will participate in "hands on" fitness assessments of various population groups. *Prerequisites: PHP 100, 111, and BIO 244. Offered fall semester.*
- PHP 355** **Research Methods in Exercise Science** **2 hours**  
An exploration of the basic methods of research and data collection in exercise science. Topics include defining a research question, reviewing and critically analyzing research, research designs, data collection, and interpreting results. *Prerequisite: PHP 111. Offered spring semester of odd years.*
- PHP 360** **Independent Study** **1-4 hours**  
An individualized, directed study involving a specified topic.
- PHP 361** **Coaching of Football** **2 hours**  
A presentation of the different offensive and defensive theories of modern football including the strengths and weaknesses of each. Includes a brief review of fundamentals, purchase and care of equipment, practice and program organization, and problems and challenges of the overall football program. *Offered spring semester of odd years.*
- PHP 362** **Coaching of Volleyball** **2 hours**  
This course provides the student with an understanding of the fundamental skills, strategies, and rules of volleyball. Also covered is philosophy of coaching, schedule making, practice planning, conditioning, statistics, care and choice of equipment, and techniques of team selection. *Offered fall semester of even years.*
- PHP 363** **Coaching of Basketball** **2 hours**  
A study of offensive and defensive play with an emphasis on modern trends in basketball. Rules, fundamentals, schedule making, scouting, care and choice of equipment, and techniques of team selection are included. *Offered fall semester of odd years.*
- PHP 364** **Coaching of Baseball** **2 hours**  
A course aimed at providing the student with an understanding of the general fundamentals of the game and a position breakdown of the important coaching points. The strategy of complete offensive and defensive performance is covered, as are problems and challenges common to the baseball coach. *Offered fall semester of even years.*

**PHP 365** 2 hours  
**Coaching of Softball**  
A course aimed at providing the student with an understanding of the general fundamentals of the game and a position breakdown of the important coaching points. The strategy of complete offensive and defensive performance is covered, as are problems and challenges common to the softball coach. *Offered fall semester of even years.*

**PHP 366** 2 hours  
**Coaching of Track and Field**  
Consideration of all track and field events, with emphasis on teaching/coaching techniques for each. Includes demonstrations, form study, track and field meet management, scheduling advantages, and use and care of various equipment. *Offered spring semester of even years.*

**PHP 370** 1-4 hours  
**Selected Topics**  
A course offered on a subject of interest but not listed as a regular course offering. *May count toward the departmental major and general education requirements.*

**PHP 380** 2 hours  
**Evaluation of Physical Education**  
This course is a study of the methods of constructing, selecting, and administering cognitive, motor skill, motor ability, and physical fitness tests. Measurement in the affective domain and measurement of special population students are also studied, as are procedures for analyzing, converting, and evaluating students' scores for grading. *Prerequisite: PHP 111. Offered fall semester of even years.*

**PHP 381** 3 hours  
**Kinesiology**  
An analysis of human movement based on anatomic and mechanical principles. Emphasis is given to the application of these principles to the understanding of athletic performance. *Prerequisites: PHP 111, BIO 244. Corequisite: BIO 245. Offered spring semester.*

**PHP 382** 3 hours  
**Physiology of Exercise**  
A study of the adjustment of the systems of the body to exercise. Attention is given to conditioning of athletes, as well as to understanding the physiological responses to recreation exercise. *Prerequisites: PHP 111 and BIO 244, 245; or permission of instructor. Offered spring semester.*

**PHP 392** 2 hours  
**Adapted Physical Education and Recreation**  
The course includes teaching methods of motor skill development with regard to various disabilities, a study of Public Law 94-142, and various assessment techniques. *Prerequisite: PHP 111. Offered spring semester of even years.*

**PHP 393** 1-4 hours  
**Practicum**  
Supervised learning involving a first-hand field experience or a project. Generally, one hour of credit is awarded for a minimum of 40 hours of practicum experience.

**PHP 402** 3 hours  
**Administration of Human Performance**  
The methods of organizing and administering physical education, intramurals, athletics, wellness, and exercise science are studied. Topics covered include philosophy, planning, organizing, budgeting, problem solving, leadership, personnel management, facility and equipment management, communication, marketing, and liability and risk management. *Prerequisite: PHP 111. Offered spring semesters.*

**PHP 450** 1-4 hours  
**Directed Research**  
Investigative learning involving closely directed research and the use of such facilities as the library or laboratory.

**PHP 453** 3 hours  
**Physical Fitness Prescription**  
This course provides a study of the prescription and development of appropriate exercise programs based on accurate assessment of each component. Appropriate programs for various populations groups will be considered. The course will consist of classroom work, practical prescription projects, and some field experiences. Each student will participate in "hands on" prescription and program development for a variety of individuals. *Prerequisite: PHP 353. Offered spring semester.*

**PHP 472** 2 hours  
**Psychology of Coaching**  
A study of the nature of the coaching profession. The course emphasizes philosophy of sport, sports psychology, and coaching methods. *Prerequisites: PHP 111 and a psychology course. Offered spring semester of odd years.*

**PHP 480** 2 hours  
**Seminar in Sport Management**  
Students examine contemporary issues in sport. Case studies, guest speakers, field trips, readings, etc. may be used to critically assess issues in sport and to explore strategies for managing them. *Prerequisites: PHP 111, 350, and 351, or permission of instructor. Offered spring semester of odd years.*

**PHP 482** 3 hours  
**Advanced Physiology of Exercise**  
A study of body's response to various environmental stressors (altitude, temperature, hyperbaric, and unloading/bedrest) as well as the effect of age and gender in relation to exercise. Emphasis will also be placed on a historical perspective of the field as well as recent biochemical and molecular/genetic developments within the field and the various chemical assays and molecular techniques employed in the research setting. Lab experiences will expose students to various assessment techniques including whole body and cellular/molecular measurements and reinforce lecture material.

**PHP 490** 1-2 hours  
**Honors**  
Individualized study or research of an advanced topic within a student's major. Open to students with at least a 3.00 GPA in the major field.

**PHP 492** 4 hours  
**Internship**  
This field experience is designed to have the students apply what they have learned in their courses and to extend that learning by working in an organization that is appropriate for their major. Students work on a regular basis at the organization under the supervision of approved staff members. Students are also under the supervision of a member of the Taylor University department of physical education and human performance. Each student must comply with the guidelines for credit hours, clock hours, and other criteria that are specific for the internship in his/her major. To register for this internship, the student must submit a proposal for the internship and have it approved by the PHP department and the internship organization. *Prerequisites: All designated prerequisites for the internship in that major.*

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## Notes