

Department of Physical Education, Wellness, and Sport

School of Education and Human Studies

Faculty

Linn M. Stranak (1980). University Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Kentucky; D.A., Middle Tennessee State University. Additional study, United States Sports Academy.

David Blackstock (1973). Professor of Physical Education and Director of Athletics. B.S., Union University; M.Ed., University of Memphis; Ed.D., University of Southern Mississippi.

Mark Campbell (1996). Instructor of Physical Education. B.S., David Lipscomb University; M.Ed., Union University.

Gary Johnson (1994). Assistant Professor of Physical Education. B.S., Union University; M.S., University of Memphis; Additional study, University of Memphis.

Julie Powell (1995). Instructor of Sport Management. B.S. and M.Ed., Union University.

Andy Rushing (1988). Assistant Professor of Physical Education. B.S., Union University; M.S., University of Memphis. Additional study, United States Sports Academy.

Robert Stiegmann (1997). Instructor of Athletic Training. B.A., University of Missouri; M.Ed., University of Mississippi.

Ralph Turner (1994). Instructor of Physical Education. B.S., David Lipscomb University; M.S., Tennessee State University.

Sandra Williams (1983). Associate Professor of Physical Education. B.S., Union University; M.S., University of Tennessee at Knoxville; M.R.E., Southern Baptist Theological Seminary.

The department believes physical education to be that part of the total educational program which adds its unique contribution through the medium of activity or movement. The department emphasizes the acquisition of motor skills as of value for lifetime physical recreation activities, the development of socially desirable habits and attitudes, and knowledge, which contribute to the overall aims of education.

Aims of the Department are: to develop physical skills for lifetime use; to develop scientific knowledge and attitudes for optimum development of health through fitness; to cultivate socially desirable characteristics; to offer wholesome recreation; to develop ideals; to prepare teachers coaches, physical educators, athletic trainers, and sport managers for many career channels; and to develop the total person through physical activity.

More specifically, the department has as its center the philosophy to develop a greater quality of life for all people. To ensure this, the faculty stress leadership and communication through each program affected. Growth and development of the individual as exposed to activity should occur. Another significant aspect of education enveloped by the department is meaningful use of leisure under the concept of wellness. Prescription programs are emphasized in exercise/wellness. Education of sport management students includes moral and ethical responsibility in the business of sport. Education of athletic trainers includes preventive measures and rehabilitative techniques (care) of athletic injuries.

Education of athletic trainers includes preventive measures and rehabilitation techniques of athletic injuries. The program is taught with an extensive clinical requirement. Upon graduation with the Bachelor of Science and the Athletic Training major, the student is eligible to sit for the NATABOC, athletic training certification examination.

Knowing education is a continuous process, the program should create and maintain an environment through movement experiences where values clarification and experiential learning occur; leadership develops; a serving attitude, lifestyle, and commitment are fostered; and problem-solving opportunities exist.

MAJORS

The Department offers majors in Physical Education leading to Tennessee Teacher Licensure, Athletic Training and Exercise Science/Wellness under Sports Medicine; and Sport Marketing and Sport Communication under Sport Management. The Physical Education Major requires the completion of the Professional Education Minor as noted below. Athletic Training, Sports Medicine and Sport Management are exempt from the requirement for a minor. The Department of PEWS, with the Department of Christian Studies, also offers a major in Christian Ministries/Recreation.

I. Major in Physical Education and Health with Teacher Licensure in PE (Grades K-12)

- A. Major requirements—33 hours
 - 1. Select one of: PEWS 103, 105, or 203.
 - 2. Select one of: PEWS 104, 110, 111, 119.
 - 3. Required Courses: PEWS 120, 130, 201, 222, 316, 324, 350, 410, 414, 415, 416, 419.
 - B. Professional Education: EDU 150, 250, 326, 421, 435; PSY 213, 318; SE 225.
 - C. Completion of applicable portions of the Praxis II series.
 - E. For additional information, see the Director of Teacher Education.
- If licensure is not desired in this major, see Department Chair or Registrar for approval of program.

II. Major in Sports Medicine

- A. General and B.S. Specific Core Science requirements for both emphases
 - 1. BIO 221, 222
 - 2. BIO 322, CHE 111 and PHY 213 are recommended.
- B. Exercise Science Emphasis—51 hours
 - 1. Core: PEWS 113, 222, 240, 301, 318, 343, 410, 414, 415, 416; PSY 328, 330—36 hours
 - 2. Emphasis requirements—15 hours
 - a. Select 3 courses from: PEWS 103, 104, 106, 107, 110, 111, 119.
 - b. PEWS 435, 461; SOC 321
- C. Recommended electives toward fitness management or corporate fitness director may be completed in addition to an emphasis: PEWS 342, 419; ECF 323; MGT 318; MKT 328, 350.

III. Major in Athletic Training—64 hours

- A. PEWS 113, 218, 222, 240, 343, 414, 415, 416
- B. PEWS 265, 275; PSY 330
- C. AT 360, 361, 370, 450, 455, 460
- D. AT 365, 375, 465, 475
- E. General/B.S. Core requirements: BIO 221-2; BIO 322, CHE 105, PHY 213 are recommended.

IV. Major in Sport Management—51 hours

- A. Core for all majors—PEWS 201, 343, 419, 421, 435; ACC 211; ECF 323; MGT 250, 318, 348; MKT 323, 328; COM 120—39 hours
- B. Sport Marketing Emphasis—12 hours
 - 1. PEWS/MKT 340, 425
 - 2. MKT 330, 433
- C. Sport Communication Emphasis—12 hours
 - 1. PEWS/MKT 341; COM 360; PEWS/COM 210
 - 2. COM 220 or 230

V. Major in Christian Ministries/Recreation—35 hours

- A. CHR 113, 231, 251, 333, 338, 454, 481; PHL 240; PEWS 250, 317—29 hours
- B. Select one: PEWS 222, 231, 251, 331, 415.
- C. Select an additional course from IV. B. electives or from PSY 318; ART 325; SOC 418; COM 350; CHR 369, 371, 373.

MINORS

The Department offers minors in Physical Education, Health Education, and Athletic Coaching. The Department with the Department of Christian Studies offers the minor in Christian Ministries/Recreation. Some minors are noted to satisfy an add-on endorsement to a valid Tennessee Teacher License; check with the Director of Teacher Education for additional information.

I. Minor in Physical Education—21 hours

- A. PEWS 201, 222, 414, 416, 419—15 hours.
- B. Select 6 Electives from PEWS courses.

II. Minor in Physical Education (add-on teaching endorsement, PE Grades K-12)—23 hours

- A. PEWS 120, 130, 201, 222, 316, 410, 414, 416, 419.
- B. BIO 221 or 222; EDU 421.
- C. Completion of applicable portions of the Praxis II series.
- D. For additional information, see the Director of Teacher Education.

III. Athletic Coaching—21 hours

- A. Open only to non-PEWS majors.
- B. PEWS 318, 414, 415, 419, 421.
- C. Choose 6 hours from PEWS 351, 352, 353, 354.

IV. Health Education—21 hours: PEWS 113, 222, 301, 322, 324, 325, 327.

V. Health Education (add-on teaching endorsement, Health Grades K-12)—21 hours.

- A. PEWS 113, 222, 301, 322, 324, 325, 327
- B. BIO 221 or 222; PSY 318; SE 225; EDU 421.
- C. Completion of applicable portions of the Praxis II series.
- D. For additional information, see the Director of Teacher Education.

VI. Minor in Christian Ministries/Recreation—23 hours

- A. CHR 231, 261, 481; PHL 240—11 hours
- B. PEWS 250, 317—6 hours.
- C. Select 6 hours: PEWS 222, 231, 251, 331, 415.

Mission Statement

The Department of Physical Education, Wellness, and Sport hopes to instill in its student majors a lifetime desire to help others gain in total health through the medium of human movement. Curriculum is designed accordingly.

For the entire student body, our task is to introduce them to knowledge and skills in order to develop a healthy lifestyle for optimum living.

Assessment of Majors

Physical Education majors are required to take a written exit examination the semester prior to or during the semester of graduation. This will consist of an equivalent form exam with questions furnished by all members of the department according to their area of emphasis. The exit exam is a general, broad-based test, covering the major areas of professional preparation and requiring a minimal mastery level of 70% correctness.

Student Organization

Sigma Delta is an academic fraternity that desires to improve scholarship and professional development among physical education students. Membership is open to any student attending Union who is seeking a degree (major or minor) in physical education or related field. To be eligible, a student must have completed at least one semester of college work with a 2.5 overall GPA and 3.0 in physical education.

Student Awards

The **Academic Excellence Medal** is awarded to the graduating senior with the highest average in the major provided the average is not less than 3.5. Before Awards Day, the student must have completed at least 15 credit hours in the major at Union University, exclusive of pass/fail courses. If no major is eligible, the medal will be given to the minor meeting the minimum requirements.

The **Fred DeLay Memorial Award** has been established by the late Mr. DeLay in memory of his father and is presented to the honor athlete of the Senior Class. The recipient of this award must be, in addition to being the outstanding athlete, a person of high academic standing, unquestionable loyalty, and good character. The late Mr. Fred DeLay was Head of Athletics at Union University from 1937 to 1945 and again in 1948 to 1949.

Course Offerings in Physical Education, Wellness, and Sport (PEWS)

() Hours Credit; F-Fall; W-Winter; S-Spring; Su-Summer

100. Fitness for Health (1) F, W, S

The effects of good personal fitness on each individual, of fitness training on the various systems of the body and how the body responds to exercise will be areas of emphasis. Includes lecture and selected physical activities which are designed to aid each student in achieving a greater degree of total body fitness.

*103. Beginning Swimming (1) F, S

A course to equip the non-swimmer with basic water safety skills and knowledge in order to make him/her reasonably safe while in, on, or about water.

*104. Racquetball (1) F, W, S

Beginning skills, rules and strategy. A life-time sport that will focus on health development through vigorous activity.

***105. Intermediate Swimming (1) F, S**

Prerequisite: PEWS 103.

For deep-water swimmers to familiarize the student with safety rules, and skills, recreational possibilities, and physiological benefits of swimming. Emphasis is on mastery of basic strokes necessary to be a safe and competent swimmer.

***106. Tennis (1) F, S**

***107. Bowling (1) W**

Introduction to the rules, techniques, scoring, and etiquette of bowling.

***110. Volleyball (1) W**

***111. Badminton (1) F, W**

113. Elementary Nutrition (3) S

Elementary principles of nutrition and their application to the individual and the family.

***115. Snow Skiing (1) W**

An introduction to skills, proper dress, safety, and conditioning techniques; application of skills learned through a week-long field trip.

***116. Canoe and White Water Rafting (1) S**

An introduction to canoeing and white water rafting to develop skills, enhance the enjoyment of both sports, and provide proper instruction in the areas of safety.

***117-27. Karate I (1) F, S and Karate II (1) S**

Blocks, kicks, strikes, and punches and necessary stances for their execution will be taught to develop skill, strength, and general health. Instruction will be primarily by demonstration.

***119. Archery (1) W**

120. Team Sports (1) F

Fundamental skills, rules, techniques, and strategy of team sports.

130. Individual-Dual Sports (1) S

Fundamental skills, rules, techniques and strategy of individual-dual activities to include bowling, wallyball, golf, horseshoes, table tennis, gymnastics stunts and tumbling, and wrestling.

201. Introduction to Physical Education and Sport (3) S

The historical background, general scope, principles, philosophy, and objectives of health and physical education in its relationship to education as a whole.

***203. Lifeguard Training (1) S**

A course to provide the strong swimmer with the knowledge and skills designed to save his/her own life or the life of another in the event of emergency.

205. Sport Journalism (3)

An overview of the industry, including the history of event coverage of print and electronic media. Topics to include fundamentals of sport coverage, broadcast rights and contracts and their effects on revenue stream, analysis of great broadcasters. Reciprocal with COM.

218. Athletic Injuries (3) S, Su

Theory and practice in treating the more common injuries in physical education and athletic activities. Attention will be given to massage; bandaging; treatment of sprains, bruises, and wounds; diet; and conditioning of athletes. Experience in the training room will be given.

222. First Aid (3) F, W, S, Su

An in-depth study into the nature of injury and the immediate care required of the First Aid. Bandaging and cardio-pulmonary resuscitation will be studied carefully as well as all general First Aid practices. Students completing the course will be awarded the National Safety Council Green Cross Certificate.

230. Outdoor Education and Hunter Safety (3) S

An introduction to outdoor activities: camping, hunting, backpacking, field safety, survival, wildlife management, conservation. Includes outdoor exercises, such as skeet shooting, compass reading, archery, and rifle range. Stresses outdoor ethics and responsibility. The Tennessee Hunter Safety program is included; upon completion, the student will receive state certification.

231. Camping and Outdoor Recreation (3) S—Odd Years

A course preparing students to lead in outdoor recreation activities; campcraft skills, safety, and techniques will be taught for the beginning camper as well.

240. Introduction to Sports Medicine (3) F

An introduction to sports medicine with emphasis on the global approach to sports medicine and contemporary topics. Special attention will be given to the basis of sports medicine, physiology of activity.

250. Introduction to Recreation (3) S

A foundations course in recreation, introducing students to the nature and philosophy of recreation. A major part or project will be a study of Southern Baptist literature from the Church Recreation Department. General programs of recreation will be studied.

251. Recreational Sports and Games (3) F

High and low organizational games classified according to age levels for playground and recreation. Special activities and recreation for large groups, drama, indoor/outdoor games, songleading, storytelling, and mixers for the first half of the semester. Includes an on-campus practicum.

265. Athletic Training Clinical I (3) F

Pre- or Co-requisites: PEWS 218, 222, 240.

Includes further instruction in first aid and basic athletic training concepts, introduction to training room environment, begins development of skills in working with acute athletic injuries. Includes skills evaluation as taught in course and in PEWS 218, 222.

275. Athletic Training Clinical II (3) S

Prerequisite: AT 265.

AT concepts with emphasis on protective equipment and taping, continued development of training room skills. Includes skills evaluation as taught in this course and in PEWS 218.

300. Sport Sociology (3) S—Even Years

See SOC 300 for course description.

301. Drug Education (3) W, Su

Psycho-social, medical, legal, and health aspects of drugs and their abuse, plus a current analysis of the problem in our society.

316. Physical Education in the Elementary Schools (3) F, W, Su

Techniques of teaching and curriculum planning including selection of materials suitable for different age levels in Grades 1-8. Movement Education concepts are stressed.

317. Organization and Administration of Intramural/Recreation Sports (3) F

Planning, organizing, and directing a coordinated program of recreation within a school. Attention is given to units, time, activities, points, awards, rules, finances, publicity, co-recreation, and administrative problems.

319. Officiating Major and Minor Sports (2) S—Even Years

Techniques and mechanics of officiating and interpreting the official rules of major sports. This course will prepare you for membership in local and state officials' associations.

322. School Health Education (3) F—Odd Years, Su

Aims, methods, and materials for teaching health in Grades 1-12. Includes the study of human relations in mental hygiene, family relations, and community relations.

324. Personal Hygiene (3) F, S, Su

A broad introductory health course focusing on the care of the body health-wise looking at fitness, drugs, nutrition, diet and weight control, disease control and treatment, along with structure and function.

325. Problems in Family Health (3) S—Odd Years

An opportunity for the student to participate in individual or group study in specialized problems identified in family health.

327. Environmental and Community Health (3) S—Even Years

Problems of sanitation, water supply, waste disposal, insect and rodent control, sanitary control of milk and foods, school and restaurant sanitation, and inspection services. Emphasis is on problems in house heating, ventilation, lighting, and other community health problems.

331. Methods and Materials for Recreation Leaders (3) F—Even Years

Practical methods and resources for recreation practitioners. Attention will be given to conducting recreational programs, creativity, and a variety of recreation projects.

340. Sport Marketing (3) S

Prerequisite: MKT 328.

Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund-raising, and journalism will be explored in relation to sports.

341. Sport Information Management (3) F

Prerequisite: MGT 318 and MAT 114.

The study of operations management incorporates both theoretical and practical elements. Topics include the design, operation, and control of productive systems, demand forecasting and management, inventory timing and control, facility location, and resource assignment.

342. Facilities and Equipment Management in Physical Education and Sport (3) F alternate years

Planning of areas and facilities related to physical education, recreation, and athletics. The course addresses topics related to selecting, purchasing, and maintaining equipment.

343. Sport Law (3) F

An overview of the law as it applies to the sports industry. Topics include tort and contract law applied to sports situations. Investigation of case law dealing with marketing the athlete, amateur sports, sports injuries and liabilities, sex discrimination in amateur and professional sports, drug screening, and rights and responsibilities of managing the athlete.

***350. Rhythms (2) S**

A practical activity course to instruct the student in modern methods of movement education through the use of rhythmical activities.

351. Coaching Football (2) F—Odd Years

Modern techniques of coaching and training in the sport of football.

352. Coaching Basketball (2) F—Even Years

Theory and practice in the fundamentals of men's and women's basketball designed to benefit teachers going into the coaching field.

353. Coaching Baseball (2) S—Odd Years

Modern techniques of coaching and training in the sport of baseball.

354. Coaching Volleyball and Softball (2) Even Years

This course is designed to acquaint students with the fundamentals and strategy utilized in coaching the sports of volleyball and softball and to benefit teachers going into the coaching field and others planning a career in recreation/church recreation.

359. Instructional Design IX: Integrating Movement into Classroom Instruction (2) S

Design and implementation of instruction in elementary school physical education with attention to curriculum content and current problems and practices in the field including physical intelligence, movement education, rhythms, motor learning, personal health and safety and first aid, national standards, inclusion, diversity, integration with other subjects, faith and ethics.

400. Ethics in Sport (3)

A study of the development of a code of ethics in sport management including the effect of relativism and rationalism on ethical behavior, personal moral development levels, and the effects of personal ethics on organizational responsibility. Reciprocal with CHR.

410. Adaptive Physical Education (3) S

A course to acquaint the student with physical education techniques and procedures involved in teaching typical and atypical students.

411. Practicum: Adaptive Physical Education (4) F, S

A course designed to provide prospective teachers of Adaptive Physical Education experiences in working with special populations. A minimum of 140 clock hours, to include orientation, seminars, and other duties deemed necessary by supervisor is required.

414. Kinesiology (3) F

Prerequisite: BIO 221 or 222.

A study of the human musculature and the body's structural relationship to exercise and skilled motor performances.

415. Physiology of Exercise (3) S

Prerequisite: BIO 221 or 222.

Physiological changes which occur during and after physical activity including circulatory, respiratory, endocrine, and nervous systematic adjustments.

416. Tests and Measurements in Health and Physical Education (3) F

A course to acquaint the prospective teacher with basic statistical procedures, use of standardized tests, norms, screening tests, grading procedures, and test construction for skills and lecture materials pertaining to health and physical education. MAT 114 recommended before taking this course.

419. Organization and Administration of Physical Education and Sport (3) F

Administrative problems in a department of physical education in the city school system, rural districts, elementary and high schools and colleges.

421. Sport Psychology (3) S—Even Years

Prerequisite: PSY 213.

Applying basic psychological principles to coaching situations. Designed to aid coaches in motivation, communication, and coaching methods other than skills development.

425. Current Issues in Sport (3)

Contemporary trends and controversial issues in sport with an emphasis on finance, management, ethics, sociology, marketing and legal issues. Includes an ongoing review of sport business journals and publications as well as event coverage.

431. Church Ministry Internship/Field Experience (3) As Needed

A full semester in a local church recreation program, YMCA or FCA. The student will direct a lock-in, organize a day camp program, survey for recreation needs, conduct a special recreation day, etc. The student will keep a log of his/her activity, write a major paper and spend 6 hours per week on site.

435. Intern (1-6) F, W, S, Su

Internship opportunities under appropriate supervision for a specified time, with specific requirements determined by the department supervisor(s). 35 hours internship experience (minimum of 140 hours) required for each hour of credit. Prerequisite: Junior standing and consent of the department.

461. Exercise Testing and Prescription (3) S

Prerequisite: PEWS 415, 416.

A study of the controlled use of exercise to evaluate the fitness level, especially the cardiovascular function of persons, specifically those in middle and older age groups. Emphasis will be placed on the scientific basis of recommending exercise programs as a prevention of heart disease. Concepts of exercise testing and prescription will follow the guidelines of the American College of Sports Medicine.

* Physical Activity Courses applicable to the General Core Curriculum

Admission to the Athletic Training Education Program (ATEP)

Applicants must apply for program entrance by **April 1** before the Fall Semester they anticipate entering the ATEP and AT 360. Each must meet minimum criteria described below. Program size is limited by the Committee on Accreditation of Allied Health Education Programs (CAAHEP) standards. Consequently, admissions is competitive in nature.

1. Admission to Union University.
2. PEWS 218 & 240 with a 3.0 average.

3. PEWS 265 & 275 with a 2.5 average. Students may also meet this requirement with 300 hours AT Experience with high risk sport supervised by a certified AT in the year preceding program application. Requires demonstration of formal instruction and clinical experience in the basic clinical proficiencies as covered in PEWS 265 & 275 and documentation by the supervising AT.
4. Cumulative GPA of 2.5.
5. Fully completed program application form and ATEP Health History & Physical Examination Form. Documentation of immunizations must include a tetanus booster within the past 10 years, an acceptable Hepatitis B titer, and evidence of Rubella immunization. Documentation of a negative screen for tuberculosis within the past 12 months is also required. Both forms are available from and submitted to the ATEP Director.
6. CPR certification (Professional Rescuer) must be maintained throughout the ATEP.

Applicants meeting the above minimum criteria may be invited for personal interview whereby the student will become acquainted with the ATEP. The interview committed will be given opportunity to evaluate the student's potential for athletic training education in further consideration of their admission to the program.

Course Offerings in Athletic Training (AT)

() Hours credit; F–Fall; W–Winter; S–Spring; Su–Summer

360. Advanced Athletic Injuries I: Therapeutic Modalities (3) F

Prerequisite: PEWS 218.

A detailed study of the therapeutic modalities normally utilized by athletic trainers to treat sports-related injuries. Students will be exposed to a wide variety of clinical techniques utilized in sports medicine. Students will be required to demonstrate both practical and theoretical knowledge of these modalities.

361. Advanced Athletic Injuries II: Evaluation and Treatment (3) S

Prerequisite: PEWS 218, 414, BIO 221.

A study of the signs, symptoms, and mechanics of sports injuries, and current methods of treatment for these injuries.

365. Athletic Training Clinical III (3) F

Further instruction in upper body evaluations and therapeutic modalities, continued development of training room skills. Includes skill evaluation as taught in course and in AT 360, 361.

370. Lower Body Evaluations & Treatment in Athletic Training (3) S

Prerequisite: AT 361.

Advanced training for the care of common athletic injuries of the lower body.

375. Athletic Training Clinical IV (3) S

Prerequisites: AT 365, 370.

Further instruction in lower body evaluations and therapeutic modalities. Includes skill evaluation as taught in course and in AT 360, 370.

450. Administration of Athletic Training Programs (3) F

An overview of managerial skills necessary for an effective program such as record keeping, group organization and recruitment, training room design, scheduling, and insurance procedures.

455. General Medicine & Pharmacology in Athletic Training (4)

Integrates pharmacologic applications, organized by body systems, with general medical conditions and disabilities of those involved in physical activity.

460. Advanced Athletic Injuries III: Exercise and Rehabilitation (3) F

Prerequisite: PEWS 218.

Students will gain an in-depth knowledge of current concepts and techniques needed for the rehabilitation of athletic injuries. This knowledge will be utilized by the students to develop programs to assist athletes in returning to fully competitive condition a minimal time.

465. Athletic Training Clinical V (3) F

Further instruction in exercise rehabilitation techniques and AT management. Includes skill evaluation as taught in course and in AT 450, 460. Includes off campus clinical to develop skills in working with athletic injuries.

475. Athletic Training Clinical VI (3) S

Prerequisites: AT 455, 465.

Further instruction in pharmacology and general medical conditions. Includes skill evaluation as taught in course and in AT 455.

195-6-7. Special Studies (1-4) On Demand

Lower-level group studies which do not appear in the regular departmental offerings.

395-6-7. Special Studies (1-3) On Demand

Upper-level group studies which do not appear in the regular departmental offerings.

495-6-7. Independent Study (1-4) On Demand

Individual research under the guidance of a faculty member.

498-9. Seminar (1-3) On Demand

To be used at the discretion of the department.