

Department of Physical Education, Wellness, and Sport

College 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). Associate Professor of Physical Education. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

Cliff Pawley (2001). Instructor of Athletic Training and Program Director. B.S., Southern Illinois University; M.S., University of Louisiana, Monroe; Additional study, University of Memphis.

Julie Powell (1995). Assistant Professor of Sport Management. B.S. and M.Ed., Union University; Additional study, University of Memphis.

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). Assistant Professor of Athletic Training and Clinical Program Director. B.A., University of Missouri; M.Ed., University of Mississippi; D.A., Middle Tennessee State University.

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

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.

Curriculum

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 teacher 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 rehabilitation techniques of athletic injuries. The program is taught with an extensive clinical requirement. Upon graduation with the B.S. 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.

The Department offers majors in Physical Education leading to Tennessee Teacher Licensure, Athletic Training, 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, with the Department of Christian Studies, also offers a major in Sport Management with a Sport Ministry Emphasis.

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. 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 Assistant Dean.
- F. Prerequisite: BIO 221 or 222, and MAT 114

II. Major in Sports Medicine

- A. General and B.S. Specific Core Science requirements: BIO 221, 222
- B. BIO 322, CHE 111 and PHY 213 are recommended.
- C. Exercise Science Emphasis—51 hours
 - 1. PEWS 113, 218, 222, 240, 301, 343, 410, 414, 415, 416; PSY 328, 330
 - 2. Emphasis requirements—15 hours
 - a. Select 3 courses from: PEWS 103, 104, 106, 107, 110, 111, 119.
 - b. PEWS 435 (6 hours), 461; SOC 321
- D. Recommended electives toward fitness management: PEWS 342,419; ECF 320; MGT 318; MKT 328, 350.

III. Major in Athletic Training—63 hours

- A. PEWS 113, 218, 222, 240, 343, 414, 415, 416
- B. AT 265, 275; PSY 330
- C. AT 360, 361, 370, 450, 455, 460
- D. AT 365, 375, 465, 475
- E. Other requirements: BIO 221-2; BIO 322; CHE 105 or 111; PHY 213.

IV. Major in Sport Management—51 hours

- A. Core for all majors—PEWS 201, 343, 419, 421, 435 (6 hours); ACC 211; ECF 320; MGT 250, 318, 348; MKT 328; COM 120 or 323—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 205
 - 2. COM 220 or 230
- D. Sport Ministry Emphasis, with modified core—54 hours
 - 1. Major core modified: PEWS 201, 343, 419, 421, 435 (4 hours); MGT 250, 348; COM 120, 323; CHR 113, 231, 243, 333—39 hours
 - 2. Prerequisites: MAT 114, MGT 318
 - 3. Emphasis: PEWS 251, 300, 400
 - 4. Choose one: PEWS 231, 250, 317, 331, 425
- I. **Minor: Physical Education—21 hours**
 - A. PEWS 201, 222, 414, 416, 419—15 hours.
 - B. Select 6 Electives hours from PEWS.
- II. **Minor: Physical Education (add-on teaching endorsement, PE 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. **Minor: Athletic Coaching—21 hours**
 - A. Open only to non-PEWS majors.
 - B. PEWS 218, 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 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.

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 2.75 overall GPA and 3.25 in physical education.

Student Awards

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

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

() Hours Credit

PHYSICAL EDUCATION, WELLNESS, AND SPORT

100. Fitness for Health (1)

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)

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)

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

*105. Intermediate Swimming (1) F

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)

*107. Bowling (1)

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

178 *108. Walking for Fitness (1)

Walking as a form of exercise to develop fitness. Both knowledge and practice of the health benefits of walking are emphasized. Course may be repeated once for an additional credit requiring research and a higher level of activity.

*110. Volleyball (1)

*111. Badminton (1)

113. Elementary Nutrition (3)

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

*115. Snow Skiing (1)

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)

An introduction to develop skills and provide proper instruction in the areas of safety.

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

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

*119. Archery (1)

120. Team Sports (1)

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

***121. Golf (1)**

The fundamentals of golf: basic strokes, strategies, rules, and etiquette as taught for skill development and health values. Instruction primarily by demonstration.

***122. Weight Training (1)**

Basics of weight training as a method of gaining strength: proper techniques, safety, benefits and risks. Taught by demonstration and participation.

***125. Scuba Diving (1)**

Introduction to scuba diving and snorkeling including safety, technique, and equipment use and care. Scuba certification is possible upon completion.

***126. Advanced Tennis (1)**

An advanced level course designed to teach advanced skills and techniques for tennis as taught through conditioning, drills and match play.

130. Individual-Dual Sports (1)

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

201. Introduction to Physical Education and Sport (3)

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)**

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 Media (3)

Reciprocal credit: COM 205.

The history of event coverage of print and electronic media as well as fundamentals of sport coverage, broadcast rights, contracts and their effects on revenue stream.

218. Athletic Injuries (3)

Theory and practice in treating common injuries in PE and athletics with attention to massage; bandaging; treatment of sprains, bruises, and wounds; diet; and conditioning of athletes. Training Room lab experience.

222. First Aid (3)

The nature of injury and immediate care required: bandaging and cardio-pulmonary resuscitation will be studied as well as all general First Aid practices. Students completing the course will earn the National Safety Council Green Cross Certificate.

230. Outdoor Education and Hunter Safety (3)

Outdoor activities: camping, hunting, backpacking, field safety, survival, wildlife management, conservation, skeet shooting, compass reading, archery, and rifle range. Stresses outdoor ethics and responsibility. The Tennessee Hunter Safety program is included.

231. Camping and Outdoor Recreation (3)

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)

Emphasis on the global approach to sports medicine and contemporary topics with attention to the basis of sports medicine, physiology of activity.

250. Introduction to Recreation (3)

Foundations in recreation, introducing students to its nature and philosophy to include a study of Southern Baptist literature from the Church Recreation Department and general programs of recreation.

251. Recreational Sports and Games (3)

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

300. Sport Sociology (3)

Reciprocal credit: SOC 300. See SOC 300 for course description.

301. Drug Education (3) F, 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)

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)

Techniques and mechanics of officiating and interpreting the official rules of major sports.

180 This course will prepare you for membership in local and state officials' associations.

322. School Health Education (3)

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)

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)

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)

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)

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)

Prerequisite: MKT 328. Reciprocal credit: MKT 340.

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)

Prerequisite: MGT 318 and MAT 114. Reciprocal credit: MKT 341.

Both theoretical and practical elements. Topics: 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)

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)

Reciprocal credit: MGT 343. See MGT 343 for course description.

***350. Rhythms (2)**

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

351. Coaching Football (2)

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

352. Coaching Basketball (2)

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)

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

354. Coaching Volleyball and Softball (2)

Fundamentals and strategy utilized in coaching volleyball and softball.

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

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)

Reciprocal: CHR 400.

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.

410. Adaptive Physical Education (3)

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)

A course designed to provide 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)

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

415. Physiology of Exercise (3)

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)

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)

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)

Prerequisite: PSY 213. Reciprocal credit: PSY 421.

Examination of psychological factors on sport and exercise performance dealing with issues affecting personnel and participants in the industry. Topics include: psychological strategies, coping skills, motivation, burnout, injuries, team dynamics and behavior.

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)

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)

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)

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

Athletic Training Major and Program**Mission Statement**

The mission is to prepare highly effective Athletic Training professionals within an environment of medical science and Christian faith. In accordance with Tennessee state code an Athletic Trainer is a person, who upon the advice, consent and oral or written prescriptions or referrals of a physician carries out the practice of prevention, recognition, evaluation, management, disposition, treatment, or rehabilitation of athletic injuries. By providing a quality didactic and clinical education experience to our students, we will prepare them for advanced education or an entry level career in athletic training.

Curriculum

Accreditation: The Athletic Training Program of Union University is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

Admission to the Athletic Training Education Program (ATEP): Applicants must be admitted to the program prior to enrolling in AT 360 meeting minimum criteria described below. Program size is limited by CAAHEP standards; consequently, admission is competitive. Union University makes every effort to accommodate applications with disabilities. Technical standards have been established for the profession and are published in the *Union University Trainer Student Handbook*. The applicant's ability to meet these standards will be evaluated as part of the physical examination described below.

1. Fully admitted to Union University as a degree seeking student.
2. PEWS 240 with a grade of B or higher and minimum CUM GPA 2.5.
3. Completion of application to ATEP returned to the Director by April 1.
4. Physical examination from a licensed medical practitioner in addition to complete health history, record of immunizations, and Hepatitis B Vaccination or waiver.
5. Current CPR certification maintained for the duration of the program.
6. Signed agreement to adhere to technical standards of the program, acknowledgement of Union's *Trainer Student Handbook*.
7. Applicants may be asked to interview with an ATEP committee to personally evaluate potential to complete the program.

Course Offerings in Athletic Training (AT)

() Hours credit

265. Athletic Training Clinical I (3)

Pre/Corequisite: PEWS 218, 222, 240.

Instruction in first aid and basic athletic training concepts, introduction to athletic training room environment, begins development of skills in working with acute athletic injuries. Includes skill evaluation from PEWS 218 and 222 as well as course material.

275. Athletic Training Clinical II (3)

Pre/Corequisite: PEWS 218, 222, 240; AT 360.

Primarily laboratory based instruction covering the hands-on psychomotor skills presented in AT 360. Evaluation of knowledge gained in 360 and this course.

350. Administration of Athletic Training Program (3)

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

360. Therapeutic Modalities (3)

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 by sports medicine. Students will be required to demonstrate both practical and theoretical knowledge of these modalities.

361. Upper Body Evaluation and Treatment in Athletic Training (3)

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)

Pre/Corequisites: PEWS 218, 222, 240; AT 360, 361.

Primarily laboratory based instruction covering the hands-on psychomotor skills presented in AT 361. Evaluation of knowledge gained in 361 and this course.

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

Prerequisite: AT 361.

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

375. Athletic Training Clinical IV (3)

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.

455. General Medicine & Pharmacology in Athletic Training (3)

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

460. Orthopedic Rehabilitation Theory (3)

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 in minimal time.

465. Athletic Training Clinical V (3)

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)

Prerequisites: AT 455, 465.

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

Available in each departmental prefix.

180-280-380-480. Study Abroad Programs (1-4)

All courses and their application must be defined and approved prior to travel.

195-6-7. Special Studies (1-4)**295-6-7. Special Studies (1-4)**

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

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

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

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

Individual research under the guidance of a faculty member(s).

498-9. Seminar (1-3)

To be used at the discretion of the department.