

# PHYSICAL EDUCATION

(413) 662-5302

Coordinator: Peter Hoyt, Ph.D.

Email: Peter.Hoyt@mcla.edu

The charge of a liberal arts education includes opportunities for intellectual, physical and spiritual development. The physical education courses are housed within the Department of Biology. It is designed to encourage lifelong physical well-being and provides opportunities for leadership and collaboration.

These courses offer students the opportunity to experience various forms of lifetime physical and recreation activities. These activities emphasize one or more of the different components of physical fitness: cardiovascular endurance, muscle strength, muscle endurance, flexibility, coordination, skill acquisition and weight loss. These serve as a foundation for a healthy, physically active lifestyle and inform effective choices concerning the value and place of lifetime physical activity.

## Sport Coaching

This is an integrative program that includes coursework in Biology, Health Science, and Physical Education and prepares students for careers in coaching, including skills in coaching methodology, team management, and coach-player interaction.

## Physical Education Program

- Sport Coaching Minor (<https://catalog.mcla.edu/undergraduate/academic-programs-study/physical-education/sport-coaching-minor/>)

## Physical Education Courses

<b>PHED 108 Community First Aid and Safety</b>	<b>1 cr</b>	Provides instruction in basic first aid and CPR for the adult, child and infant. Red Cross certification is provided upon successful completion. <b>Attributes:</b> Additional Fees Apply (FEE)
<b>PHED 113 Fundamentals of Beginning Badminton</b>	<b>1 cr</b>	Provides the opportunity to learn skills and strategy of racket sports, specifically badminton.
<b>PHED 120 Emergency Medical Response</b>	<b>1 cr</b>	Provides instruction in professional rescuer CPR, AED, and first aid for the adult, child, and infant. American Red Cross certification is provided upon successful completion. <b>Attributes:</b> Additional Fees Apply (FEE)
<b>PHED 125 Fundamentals of Golf</b>	<b>1 cr</b>	Introduces students to the game of golf. Provides basic instruction in a good golf swing and the following: putting, chipping, iron and wood shots.
<b>PHED 132 Fitness for Life</b>	<b>1 cr</b>	Provides instruction in the components of physical fitness: flexibility, muscular strength and endurance, and cardiovascular endurance. Stress management and nutrition are also discussed.
<b>PHED 146 Self Defense for Women</b>	<b>1 cr</b>	Focuses on awareness and avoidance of a possible attack. Students will learn to punch and kick properly along with basic self defense hands techniques. This is a beginner's course in self-defense. <b>Attributes:</b> Women Gender Sexuality Studies (WMST)
<b>PHED 147 Fundamentals of Yoga</b>	<b>1 cr</b>	Teaches the basic Hatha Yoga postures, breathing exercises and relaxation techniques.
<b>PHED 150 Special Topics in Physical Education</b>	<b>1-2 cr</b>	Introduces students to a variety of physical education activities. Activities vary according to teaching staff and student needs. <b>Repeatable:</b> Unlimited Credits
<b>PHED 160 Strength and Conditioning</b>	<b>1 cr</b>	Designed for students to learn and practice techniques of conditioning as it relates to sport. Testing and training techniques for strength, power, speed, endurance, flexibility and agility will be emphasized.
<b>PHED 200 Exercise Injury Prevention and Care</b>	<b>3 cr</b>	Explores fundamental principles of exercise safety, injury risk management and emergency care. Involves the study of orthopedic injury, environmental illness, eating disorder and concussion. Certification of CPR/AED and first aid for the adult, child and infant is provided upon completion of the course. Extra course fee required. <b>Attributes:</b> Additional Fees Apply (FEE)
<b>PHED 215 Lifetime Wellness</b>	<b>3 cr</b>	Helps students develop a set of health behaviors that constitute what is generally considered to be a high energy lifestyle. These behaviors stress responsibility for one's health. Areas covered are physical fitness, nutrition and weight control, stress management, substance abuse, sexually transmitted disease and chronic disease. <b>Attributes:</b> Core Health and Wellness (CHW)
<b>PHED 300 Fundamentals of Coaching</b>	<b>3 cr</b>	Facilitates an understanding of sport coaching based on fundamental principles that appropriately guide coaching behaviors. Involves the study and professional development of aspects related to sport coaching, including but limited to: leadership, sportsmanship, legal aspects, ethics, psychosocial aspects, interscholastic rules, organization and administrative aspects. <b>Prerequisite:</b> Sophomore status
<b>PHED 395 Special Topics in Physical Education</b>	<b>1-3 cr</b>	Explores a specific aspect related to physical education, athletics, coaching or sports medicine. Content identifiable by subtitle. <b>Prerequisite:</b> Department approval <b>Repeatable:</b> Unlimited Credits
<b>PHED 500 Independent Study</b>	<b>1-3 cr</b>	Open to juniors and seniors who wish to study a topic in depth. Written reports and frequent conferences with the advisor are required. <b>Prerequisite:</b> Junior/senior status, department approval <b>Repeatable:</b> Maximum of 12 credits
<b>PHED 540 Internship in Sport Coaching</b>	<b>3 cr</b>	Provides hands-on experience in the field of sports coaching. Students will utilize acquired knowledge, skills and abilities in various aspects of coaching in a sports-related environment. Requires 135 on-site hours. Graded on Pass/Fail basis. <b>Prerequisite:</b> PHED 200 and PHED 300 and department approval <b>Repeatable:</b> Maximum of 15 credits