

PHIL 106 (1957) Ethics KRSN PHL1020\*\*

Prerequisite: None

Credit Hours: 3

This course provides a systematic and critical study of values related to human conduct. It focuses on both traditional standards of ethical conduct and qualities of personal character. What we hold to be right or wrong, the basis for believing so, and what we consider to be virtues or vices are examined with an eye to understand our current ethical situation.

## Physical Education

PED 101 (0833) Introduction to Physical Education

Prerequisite: None

Credit Hours: 3

Study of history, philosophy, and social significance of physical education. Includes equipment design, calls visitation, and construction of a physical education program.

PED 103 (0771) Care and Prevention of Athletic Injuries KRSN HSC2010\*\*

Prerequisite: None

Credit Hours: 3

The study and application of the methods used in athletic training to prevent and to care for injuries specific to athletic participation.

PED 105 (0837) Personal and Community Health KRSN HSC1020\*\*

Prerequisite: None

Credit Hours: 3

Acquaints students with modern health problems and solutions. Topics are communicable diseases, social health, mental health, and consumer health with a concentration emphasis on lifestyle problems. Course meets requirements for all students interested in teaching, physical education, or nursing.

PED 107 (0814) Community Recreation

Prerequisite: None

Credit Hours: 3

An introductory course in recreation. It provides each student with the basic understanding of leisure time impact upon society and makes each student aware of the importance of off-work activity. Explains how government, state, and local programs function.

PED 109 (0832) Recreational Activities

Prerequisite: None

Credit Hours: 3

This course is designed to meet the need of those students who plan to teach in the junior or senior high school or enter the recreation field. The emphasis is weighed more heavily toward individual participation rather than team, however, both are included. Stress is on understanding leisure-time activities as relating to age and sex of individuals with an emphasis on safety.

PED 110 Introduction to Exercise Science KRSN HSC1050\*\*

Prerequisite: None

Credit Hours: 3

This course is designed to introduce students to the history of exercise science, philosophies, potential careers, and terminology used in exercise science fields. Students will also be introduced to exercise physiology concepts, measures and testing, facility sites and issues, and basic medical precautions.

\*Refer to the Placement Testing Procedure 3.22, page 22 \*\*Refer to Course Transfer, page 17

## PED 111 (0772) Athletic Training Practicum I

Prerequisite: PED 103 Care and Prevention of Athletic Injuries

Credit Hours: 2

Students will receive practical athletic training experience as an apprentice with varsity sports programs during practices and games.

## PED 114 (1365) Basic Nutrition KRSN HSC1010\*\*

Prerequisite: None

Credit Hours: 3

Principles of normal nutrition. Food values and adequate nutrient allowances for growth and maintenance will be discussed.

## PED 115 Personal Training and Fitness Management

Prerequisite: PED 110 Introduction to Exercise Science

Credit Hours: 3

This course will introduce students to the career options of a personal trainer and prepare them for success in that field. Students will learn biometrics, measurements and testing, and exercise planning. Facility design, funding, legal issues, and safety will also be covered in the course.

## PED 116 (0773) Lifetime Fitness Concepts

Prerequisite: None

Credit Hours: 1

Lifetime Fitness Concepts is a one hour course offered by the Department of Recreation and Health. It is the objective of this course to present a series of physical fitness related concepts to the general student population with the expectation that the information will enlighten and motivate the students to improve their personal fitness status. The concepts presented will allow the students to become familiar with, and to actually begin to participate in activities and programs which may alter their lifestyles and which could make them healthier more productive people.

## PED 117 Training and Conditioning Lab I

Prerequisite: PED 115 Personal Training and Fitness Management

Credit Hours: 1

Students will learn to safely demonstrate and teach proper weight lifting and conditioning exercises. Students will learn basic biomechanical movements and terminology. Movements in a single plane and multiple planes will be covered. Students will work with scenarios to modify exercise plans to meet participant requirements to develop progress in exercise. Group exercise planning, plyometrics, and individualized exercised planning will all be demonstrated.

## PED 118 (0892) First Aid and CPR KRSN HSC1040\*\*

Prerequisite: None

Credit Hours: 2

The purpose of this course is to provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. An emphasis is also on prevention of injury and illness.

## PED 189 Rules and Officiating

Prerequisite: None

Credit Hours: 3

This course covers the rules of football, basketball, tennis, and wrestling. Students are exposed to the proper mechanics of officiating these sports.

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\*Refer to the Placement Testing Procedure 3.22, page 22 \*\*Refer to Course Transfer, page 17