

# PHYSICAL EDUCATION (ACADEMIC COURSES) (PHYED)

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## **PHYED-275 Introduction to Sport Pedagogy**

*Not Scheduled for This Year. Credits: 4*

This course is designed to introduce students to the many facets of sport pedagogy and coaching. Our focus is the strategies and styles of coaching youth sports. Topics include coaching philosophy, motor learning, anatomy and physiology, biomechanics, sport psychology and risk management/liability. Other topics include the benefits of playing sports, developing age-appropriate instruction and training, goal setting, effective feedback, special issues in coaching children, and coaches as role models for children. In a local school system, we will apply the concepts and theories learned, by developing and implementing lesson plans to introduce various athletic skills and sports.

*Applies to requirement(s): Meets No Distribution Requirement*

*Other Attribute(s): Community-Based Learning*

*D. Allen*

*Notes: No PE units awarded.*

## **PHYED-295 Independent Study**

*Fall and Spring. Credits: 2 - 4*

*The department*

*Instructor permission required.*

## **PHYED-395 Independent Study**

*Fall and Spring. Credits: 4 - 8*

*The department*

*Instructor permission required.*