

**PHYSICAL EDUCATION**

[www.siu.edu/departments/coe/phyped](http://www.siu.edu/departments/coe/phyped)  
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**COLLEGE OF EDUCATION AND HUMAN SERVICES**

**Ackerman, Kenneth**, Assistant Professor, *Emeritus*, M.A., Michigan State University, 1959; 1969.

**Becque, M. Daniel**, Associate Professor, Ph.D., University of Michigan, 1988; 1990. Exercise physiology.

**Blinde, Elaine M.**, Professor, Ph.D., University of Illinois, 1987; 1987. Social psychology of sport.

**Brechtelsbauer, Kay**, Assistant Professor, *Emerita*, Ph.D., Southern Illinois University Carbondale, 1980; 1965.

**Carroll, Peter**, Assistant Professor and *Acting Chair*, Ph.D., Pennsylvania State University, 1970; 1969. Pedagogy, exercise physiology.

**Good, Larry**, Associate Professor, *Emeritus*, Ed.D., Temple University, 1968; 1967.

**Judd, Michael**, Associate Professor, Ph.D., University of Southern California, 1990; 1999. Sport management.

**Knowlton, Ronald**, Professor *Emeritus*, Ph.D., University of Illinois, 1961; 1961.

**Potter, Marjorie Bond**, Professor, *Emerita*, Ph.D., University of Southern California, 1958; 1961.

**Thorpe, JoAnne Lee**, Professor, *Emerita*, Ph.D., Texas Woman's University, 1964; 1958.

**Wagner, Ronald**, Assistant Professor, Ph.D., University of Arkansas, Fayetteville, 2003; 2003. Athletic training.

**West, Charlotte**, Professor, *Emerita*, Ph.D., University of Wisconsin, 1969; 1957.

**Yoh, Taeho**, Assistant Professor, Ph.D., Florida State University, 2001; 2001. Sport management.

**Zimmerman, Helen**, Professor, *Emerita*, Ph.D., University of Wisconsin, 1951; 1952

Graduate courses in physical education are offered toward the Master of Science in Education degree with a major in physical education.

Two study tracks are available:

1. Sport Studies (with specializations in Sport Management/Administration, Social Psychology of Sport)
2. Exercise Science

**Options for Sport Studies Program (36 Hours)**

Requires a minimum of 30 semester hours of credit plus one of the following 6-hour options:

- a. Thesis — PE 599, 6 hours
- b. Research Project — PE 592, 3 hours  
Additional Class, 3 hours
- c. Professional Development Project — PE 594, 3 hours  
Additional Class, 3 hours
- d. Internship — PE 555, 6 hours

The following are required courses in Sport Studies: PE 409, PE 410, PE 415, PE 550, PE 560 (or approved substitutes).

**Options for Exercise Science Program (30 Hours)**

Requires a minimum of 24 semester hours of credit plus one of the following 6-hour options:

- a. Thesis — PE 599, 6 hours
- b. Research Project — PE 592, 3 hours  
Additional Class, 3 hours

The following are required courses in Exercise Science: PE 408, PE 420, PE 421, PE 515, PE 520 (or approved substitutes).

**Criteria for Unconditional Admission**

1. Admission to the Graduate School which requires a 2.70/4.00 for all work leading to a completed bachelor's degree and a completed application form.
2. Application fee paid to the Department of Physical Education of \$35.00.
3. Three completed "Request for Recommendation" forms provided by the Department of Physical Education.
4. A review of the application by the appropriate faculty and a willingness of a faculty member to serve as the program advisor for the applicant.

A degree in Physical Education is not required for admission into the graduate program. An individual program in Exercise Science or Sport Studies will be developed for the student. Completed applications are reviewed as they are received. Up to but not exceeding 12 hours of B-grade or higher transfer credits will be considered by the department for application to the course work requirement and, for advisement purposes, should be considered during the first semester in the program.

**Requirements**

All students are required to take PE 500, Techniques of Research, and a graduate class in statistical procedures. Additional requirements for the degree are specific to the respective areas of either Exercise Science or Sports Studies.

All students must pass a comprehensive examination which may be taken after the major portion of the course work has been completed. If a thesis or research project option is selected, submission of a bound copy of the completed Thesis or Research Project must comply with the rules of the Graduate School. Copies of the completed Thesis or Research Project must be deposited with the Department of Physical Education by the student.

### **Graduate Assistantships**

A limited number of graduate assistantships are available on a competitive basis to students in a degree program. The Graduate Teaching Assistantships are for instruction in the undergraduate program and are available to applicants who have appropriate qualifications relevant to the teaching area. Applications may be obtained from the Chair of the Department of Physical Education and they are reviewed by a committee independently of the admissions process. In order to hold a graduate assistantship, a student must be registered as a full time student (6 hours, fall/spring; 3 hours, summer) during the semester of appointment.

### **Certificate in Conflict Resolution**

The Department of Physical Education participates in the interdisciplinary Graduate Certificate in Conflict Resolution. The Department offers PE 416 as a course that can fulfill program requirements in required and elective areas. For more information on the Certificate program, please see the section Certificate Programs in Chapter One of the Catalog.

### **Courses (PE)**

Courses in this department may require the purchase of supplemental materials.

**407-4 Rehabilitation of Athletic Injuries.** This course provides the athletic training student with the theoretical background and practical application of principles and techniques of rehabilitation of athletic related injuries. This course also includes laboratory experiences in rehabilitation of athletic related injuries. Prerequisite: admission into Athletic Training Education Program or permission of instructor.

**408-3 Physical Fitness in Education.** Physical fitness in education provides an analysis of physical fitness as it relates to the total well-being of the individual. The course contains specific units on fitness parameters, hypokinetic disease, stress, current levels of physical fitness, training programs and the beneficial aspects of regular exercise. Also, the course contains an emphasis on preventive techniques for healthy, at risk, and chronically ill populations. Emphasis in the course will be on developing techniques in fitness programs for all segments of the population. Prerequisite: 201 or consent of instructor.

**409-3 Social Aspects of Sport and Physical Activity.** This course presents the theoretical and empirical foundations of sport sociology. A research-based approach is used to explore the relationship of sport to various social institutions, as well as the role of social processes (e.g., socialization, discrimination, stratification, conflict) in sport and physical activity contexts.

**410-3 Psychological Aspects of Sport and Physical Activity.** This survey course presents the theoretical and empirical foundations of sport psychology. Operating from a conceptual rather than an applied framework, the class develops an understanding of social psychological phenomenon and processes related to participation in sport and physical activity (e.g., personality, anxiety, arousal, achievement motivation, social facilitation, aggression, pro-social behavior, group dynamics.)

**412-3 Research and Practice in Applied Sport Psychology.** This course examines current research and practice in applied sport psychology. Emphasis will be placed on moving from theory into practice on sport-specific individual differences, motivational approaches and interventions.

**415-3 Foundations of Sport and Fitness Management.** An introduction to broad concepts and issues regarding the management of health clubs, corporate fitness programs; and various components of amateur and professional sport organizations. Students will investigate foundational aspects of sport and fitness management, examine requirements for operating successful programs, and gain insight into various career opportunities.

**416-2 Introduction to Team Building.** The purpose of this course is to acquaint students, teachers, coaches and administrators with the "team building model". The course will focus on icebreakers, trust and communication initiatives, problem solving skills and processing. The goal of this introductory course is for the participants to become familiar and acquire team building skills, to develop a workable team building model and initiate the plan in the classroom or workplace.

**418-2 Administration of Aquatics.** The study of comprehensive aquatic programs, their implementation and coordination.

**420-3 Physiological Effects of Motor Activity.** The general physiological effects of motor activity upon the structure and function of body organs; specific effect of exercise on the muscular system. Requires purchase of laboratory manual. Prerequisite: Physiology 209 or equivalent.

**421-3 Principles of Skeletal Muscle Action.** The neural, physiological and mechanical basis of skeletal muscle action and plasticity in relation to the expression of strength and power. Prerequisite: Physiology 209 or equivalent.

**425-2 Current Topics in Athletic Training.** This course is designed to study and discuss current issues in athletic training and the health care of the athlete.

**426-2 Advanced Techniques and Research in Therapeutic Modalities.** Specifically designed for the student who wishes to become an athletic trainer and gain knowledge in the application and current research in therapeutic modalities.

**428-3 Physical Activity and Exercise for Older Adults.** This course is designed to introduce the student to physical changes of the older person with reference to activity and exercise and to teach the student about rational activity and exercise programs for the older person with consideration of the care and prevention of typical injuries that may occur with such programs.

**493-2 to 4 Individual Research.** The selection, investigation, and writing of a research topic under supervision of an instructor. (a) Dance. (b) Kinesiology. (c) Measurement. (d) Motor development. (e) Physiology of exercise. (f) History and philosophy. (g) Motor learning. (h) Psycho-social aspects and (i) Sport management. Written report required. Prerequisite: consent of adviser and department chair.

**494-2 (1,1) Practicum in Physical Education.** Supervised practical experience at the appropriate level in selected physical education activities in conjunction with class work. Work may be in the complete administration of a tournament, field testing, individual or group work with special populations, administration of athletics or planning physical education facilities. Prerequisite: consent of adviser.

**500-3 Techniques of Research.** Study of research methods and critical analysis of research literature specifically applied to the areas of sport exercise and motor performance. Prerequisite: consent of advisor.

**502-3 Methods of Interview Research in Physical Education.** Seminar course to familiarize students with the theory and techniques of interview research, and to demonstrate the application of this research method to physical education. Students will engage in a group interview project focusing on a selected issue in physical education and an individual project utilizing interview research in their specialty area of physical education. Prerequisite: 500 or consent of instructor.

**503-2 Seminar in Physical Education.** Making a systematic analysis of problems and issues encountered in the conduct of physical education. Selection of a problem or issue that is a concern to physical education and suggestion of solutions.

**505-3 to 12 (3 per topic) Topical Seminar in Physical Education.** Students may concentrate on different topics each semester dependent upon both the interests of the students and the expertise of the graduate faculty. Prerequisite: consent of instructor.

**508-3 Administration of Athletics.** Designed to present a broad view of the role, structure and governance of interscholastic and intercollegiate athletics programs. This course will enable students to develop and comprehend current knowledge, theories and practices in athletic management which operate within a framework of state and national governance policies and rules.

**509-3 Administrative Theory and Practice in Physical Education.** Selected administrative processes in physical education and the application of theory to the processes. The course attempts to systematize concepts, insights and propositions into a usable form, to increase the understanding of administrative problems, and to expand existing knowledge and thought about behavioral phenomena. Prerequisite: 503 for those with an administrative emphasis.

**510-3 Motor Development.** In-depth study of the development of gross motor skills from infancy through adolescence, the biological and environmental variables that affect motor development, and individual differences in attaining motor proficiency. In addition, selected current issues in motor development will be examined. No prerequisite.

**511-3 Analysis of Human Physical Movement.** Principles and procedures for qualitative analysis and the teaching of mechanical constructs for movement activities. The student completes a cinematographic analysis. Prerequisite: 303 or equivalent.

**512-3 Biomechanics of Human Motion.** Methods of data collecting and analyzing the biomechanics of human motion under normal and pathological conditions are covered. Students complete a biomechanical study for a one segment motion.

**515-3 Body Composition and Human Physical Performance.** Physical dimensions of the human body as they influence motor performance and are modified by protracted physical exercise. Prerequisite: 420 or equivalent.

**517-3 Athletic and Physical Education Facilities Design, Construction, and Maintenance.** This course examines the principles and states of planning to managing an Athletic and Physical Education facility. Basic principles of design, construction, maintenance and how to manage facilities based upon program characteristics.

**520-3 Metabolic Analysis of Human Activity.** Metabolic principles pertinent to human physical performance with emphasis on sport, exercise and occupational activity analysis. A detailed study of oxygen utilization, oxygen debt, mechanisms of oxygen transport as they relate to physiological homeostasis in localized and total body motor activity. Emphasis on the laboratory study of aerobic and anaerobic performance. Prerequisite: 420 or equivalent.

**540-3 Sport Promotions.** This course provides the theoretical foundation of promotions specific to the sport industry. It will include professional applications to profit and non-profit sport organizations.

**550-3 Legal Aspects of Sport and Physical Activity.** A course designed to acquaint student with legal research and the role that law plays in governing the physical education, sport and fitness industries. The student will actively research various theories of law and how they affect the nature of physical education, sport fitness activity, the participants and consumers. An additional focus will be on specific situations that give rise to injury and subsequent law suits.

**555-1 to 6 Internship in Sport Management.** The internship is a culminating experience directly related to the student's intended employment or area of interest. It will, therefore, normally be taken after the predominance of course work is completed. The internship may be completed in any appropriate setting as judged by the faculty associated with the area of sport management. All conditions of placement, conduct and evaluation of the internship will be under the jurisdiction of the appropriate faculty. Graded *S/U* only.

**560-3 Gender and Sport: Sociological and Psychological Perspectives.** (Same as Women's Studies 560). This course explores psychological and sociological dimensions underlying the concept of gender and critically examines how gender relates to sport and physical activity. Students will be introduced to non-traditional as well as traditional research that addresses the issue of gender in various physical activity contexts.

**590-1 to 4 Readings in Physical Education.** Supervised readings in selected subjects. Prerequisite: consent of adviser and department chair.

**592-2 to 8 Research in Physical Education.** Plan, conduct, and report assigned research studies. Masters students may take up to three credit hours. Doctoral students must enroll for a minimum of six credit hours. Graded *S/U* only. Prerequisite: 500 or equivalent, consent of instructor.

**594-3 Professional Development Project.** Supervised independent work leading to the production of a professional development project that can be utilized in the student's professional career. The exact nature of the project is to be determined by the student and the respective graduate advisor. An additional graduate faculty member in the student's area of study also must approve the project before the student begins work. Graded *S/U* only. Prerequisite: consent of advisor.

**599-1 to 6 Thesis.** Graded *S/U* Prerequisite: 500 or equivalent.

**601-1 per semester Continuing Enrollment.** For those graduate students who have not finished their degree programs and who are in the process of working on their dissertation, thesis, or research paper. The student must have completed a minimum of 24 hours of dissertation research, or the minimum thesis, or research hours before being eligible to register for this course. Concurrent enrollment in any other course is not permitted. Graded *S/U* or *DEF* only.