

Exercise Science/Physical Education

Special and Advanced Courses

199. **Exploratory Internship (1-3).** Does not count toward a departmental major.
299. **Experimental Course (1-3).**
399. **Professional Internship (1-12).**
451. **Independent Study (1-3).** A program of supervised reading, research or work in an area of special interest to the student. (Prerequisite: written departmental permission.)
499. **Advanced Experimental Course (1-3).**

Exercise Science/Physical Education

The objective of the department of exercise science and physical education is to offer each student an experience that blends academic preparation with practical application. The professional preparation program is designed to broaden students' career opportunities by offering three majors and one minor. The program is designed to prepare students to teach (K-12), coach, assume appropriate positions in a variety of health/fitness related professions, or to continue in a specialized graduate program.

Major Program Requirements

Bachelor of Arts in Exercise Science (35 hours of Exercise Science and 19 hours of cognates)

Exercise Science Core (35 hours)

ESPE 133	American Red Cross Water Safety Instructor	(1)
ESPE 201	Red Cross First Aid and Emergency Care	(2)
ESPE 219	Care and Prevention of Athletic Injuries	(3)
ESPE 225	Anatomy	(3)
ESPE 230	Motor Learning and Development	(3)
ESPE 250	Human Physiology	(3)
ESPE 300	Kinesiology	(4)
ESPE 309	Theory and Practice	(1)
ESPE 311	Exercise Physiology	(4)
ESPE 336	Exercise Testing and Prescription	(2)
ESPE 339	Strength and Conditioning	(2)
ESPE 350	Measurement and Evaluation	(2)
ESPE 399	Internship	(3)
ESPE 404	Senior Seminar	(2)

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Exercise Science Cognates (19 hours)

BIOL 104	Animal Biology (4)
BIOL 209	Human Nutrition (3)
MATH 115	Pre-Calculus Mathematics (4)
CHEM 103, 104	College Chemistry I, II (4, 4)

Areas of Concentration within Exercise Science Major (optional)

An exercise science major may elect one of the following areas of concentration.

- I. Pre-Physical Therapy. For students interested in pursuing a graduate degree, the following courses are recommended: Biology 455; Computer Information Systems 106; Mathematics 135; Mathematics 204 or Psychology 211; Physics 101, 102; Psychology 100. Also recommended: English 201, English 301; Philosophy 344. Students should consult the catalogs of schools in which they are interested for specific admissions requirements.
- II. Corporate fitness: The basic exercise science major plus the following: Business Administration 230, 241, 242.

Bachelor of Arts in Athletic Training (40 hours of Exercise Science and 25 hours of cognates)

Athletic Training Core (40 hours)

ESPE 140	Athletic Training and Clinical Observation (1)
ESPE 201	Red Cross First Aid and Emergency Care (2)
ESPE 219	Care and Prevention of Athletic Injuries (3)
ESPE 220	Therapeutic Modalities (2)
ESPE 225	Anatomy (3)
ESPE 240	Athletic Training Clinical Skills I (1)
ESPE 241	Athletic Training Clinical Skills II (1)
ESPE 250	Human Physiology (3)
ESPE 300	Kinesiology (4)
ESPE 311	Exercise Physiology (4)
ESPE 336	Exercise Testing and Prescription (2)
ESPE 337	Therapeutic Exercise (2)
ESPE 339	Strength and Conditioning (2)
ESPE 340	Athletic Training Clinical Skills III (1)
ESPE 350	Measurement and Evaluation (2)
ESPE 400	Athletic Injury Assessment (2)
ESPE 401	Athletic Training Administration (2)
ESPE 404	Senior Seminar (2)
ESPE 440	Athletic Training Clinical Skills IV (1)

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Athletic Training Cognates (25 hours)

BIOL 104	Animal Biology (4)
BIOL 209	Human Nutrition (3)
MATH 115	Pre-Calculus Mathematics (4)
CHEM 103, 104	College Chemistry I, II (4, 4)
PSYC 100	General Psychology (3)
PSYC 206	Health Psychology (3)

Bachelor of Arts in Physical Education (43 hours of Exercise Science and 4 hours of cognates)

Physical Education Core (43 hours)

ESPE 133	American Red Cross Water Safety Instructor (1)
ESPE 201	Red Cross First Aid and Emergency Care (2)
ESPE 203	History and Principles of HPESR (3)
ESPE 218	Rhythmic Activities (1)
ESPE 222	Instructional Methods in Physical Education (2)
ESPE 225	Anatomy (3)
ESPE 230	Motor Learning and Development (3)
ESPE 236	Sports Technique I (2)
ESPE 237	Sports Technique II (2)
ESPE 238	Sports Technique III (2)
ESPE 250	Human Physiology (3)
ESPE 300	Kinesiology (4)
ESPE 302	Organization of Intramurals (2)
ESPE 309	Theory and Practice (1)
ESPE 311	Exercise Physiology (4)
ESPE 333	Adapted Physical Education (3)
ESPE 350	Measurement and Evaluation (2)
ESPE 402	Admin. of Physical Educ. and Sports (3)

Physical Education Cognates (4 hours)

PSYC 216	Human Sexuality (4)
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Bachelor of Arts with Teacher Certification in Physical Education.

See the Teacher Education section of the catalog, page 237-238.

Minor and Associate Program Requirements

The department also offers a **minor** and an **Associate of Arts** degree in physical education. A student minoring or pursuing an Associate of Arts degree in **physical education** must complete a total of 33 semester hours, including: ESPE 133, 201, 203, 218, 222, 230, 236, 237, 238, 250, 333, 350, and 402; and Psychology 216.

The semesters listed after course descriptions indicate when courses are expected to be offered. Schedules are subject to change; students should confirm semester offerings with the department when planning degree programs.

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General Exercise Science Courses

- 100. Principles of Fitness (FITNESS DEVELOPMENT) (2).** The basic principles of fitness, with emphasis on development of a wellness concept. Various physical assessments are used to determine a student's levels of fitness and individual programs are explored for the purpose of establishing a lifetime positive attitude toward activity. Includes classroom and laboratory experience. Required of all students, recommended for out-of-season athletes. Fall, spring.
- 101. Physical Education Activities (1).** The fundamental skills and techniques of various activities which students may select. May be repeated once with different activities. Fall, spring.
- 109. American Red Cross Lifeguard Training (1).** Development of the skill and knowledge required in a swimming emergency. Upon satisfactory completion, students earn American Red Cross certification. (An additional fee is charged by the American Red Cross.) Fall.
- 133. American Red Cross Water Safety Instructor's Course (1).** Methods for planning, conducting and evaluating swimming and water safety courses. (Prerequisite: current certificate for the ARC Emergency Water Safety Course or ARC Lifeguard Training Course. (An additional fee is charged by the American Red Cross.) Spring.

Professional Preparation Courses

- 140. Athletic Training Clinical Observation (1).** Observation in athletic training procedures. The student gains knowledge and experiences in basic athletic training procedures and policies. Fall.
- 201. Red Cross First Aid and Emergency Care (2).** Development of knowledge, skills and personal judgment in first aid, CPR, airway obstruction and rescue breathing. Upon satisfactory completion, students earn American Red Cross certification in First Aid, Adult, Child, and Infant CPR. (An additional fee is charged by the American Red Cross.) Open to freshmen. Fall, spring.
- 203. History and Principles of Physical Education, Sport and Recreation (3).** Relationships among physical education, sport and recreation through history, including principles, objectives and programs. Various philosophies are explored as a basis for developing a personal philosophy relating to each area. Fall.
- 218. Rhythmic Activities (1).** The development of rhythmic movement principles taught in the elementary and secondary schools. Designed for elementary and secondary teachers. Open to freshmen. Fall.

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- 219. Care and Prevention of Athletic Injuries (3).** Classroom and laboratory experience involving the major phases of athletic injuries, with special emphasis on care and rehabilitation. Students are provided with practical experiences in prevention, evaluation, treatment and rehabilitation of athletic injuries. Open to freshmen. Fall.
- 220. Therapeutic Modalities (2).** Theory and practice of medical protocols and equipment prescribed in the management of athletic injuries. Designed for students pursuing careers in athletic training, physical therapy and sports medicine. (Prerequisite: ESPE 219). Spring '08.
- 222. Instructional Methods in Physical Education (2).** Planning for instruction in physical education with emphasis on activities appropriate for all elementary students. Designed to assist physical education majors and minors present lessons, develop unit plans, observe various teaching styles and address assessment techniques. Fall.
- 225. Anatomy (3).** An introduction to gross anatomical structure. Designed for exercise science/physical education majors and students in related fields of interest. Fall.
- 230. Motor Learning and Development (3).** Examination of motor skill acquisition and application to skill performance. Factors influencing motor learning such as growth and development, neural mechanisms, and optimal teaching strategies are explored. Fall.
- 236. Sports Technique I (2).** Individual techniques and teaching methods in soccer and track and field. Open to freshmen. Spring '07.
- 237. Sports Technique II (2).** Teaching and officiating methods and techniques for use in tennis, badminton and volleyball. Open to freshmen. Fall.
- 238. Sports Technique III (2).** Teaching and officiating methods and techniques for use in team and individual sports. Open to freshmen. Spring '08.
- 240. Athletic Training Clinical Skills I (1).** Laboratory experience to review and test the clinical skills taught during the first year of the athletic training program. Clinical skill development experiences are provided in the athletic training facility with inter-collegiate athletics. (Prerequisite: ESPE 140, admission to athletic training program) Fall.
- 241. Athletic Training Clinical Skills II (1).** Laboratory experience to review and test the clinical skills taught during the first year of the athletic training program. Clinical skill development experiences are provided in the athletic training facility with inter-collegiate athletics. (Prerequisite: ESPE 140, 240, admission to athletic training program) Spring.

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- 250. Human Physiology (3).** Introduction to physiological mechanisms which govern systemic organ function. Designed for exercise science/physical education majors and related fields of interest. Spring.
- 300. Kinesiology (4).** The theory and practical application of basic facts, laws, principles and concepts of biomechanical movement, with attention given to the physiological and anatomical study of muscles. (Prerequisite: ESPE 225 or permission of instructor.) Spring.
- 301. Basketball Theory (2).** Materials, organization and methods of coaching basketball at the middle and senior high school levels. Emphasis is on fundamental principles for successful teaching and coaching. Fall.
- 302. Organization of Intramurals (2).** The organization of a comprehensive intramural program, with major emphasis on philosophy, objectives, rules and policies, scheduling, reporting and promotional techniques. Fall.
- 309. Theory and Practice (1).** Practical application of methods and techniques of teaching physical education activities. Students teach in the required exercise science physical education program. (Prerequisite: Permission of instructor.) Fall, spring.
- 311. Exercise Physiology (4).** A theoretical and practical examination of how the body responds and adapts to exercise. Laboratory work is designed to familiarize students with equipment for measuring physiological function during exercise. (Prerequisite: ESPE 250 or permission of instructor.) Fall.
- 316. Physical Education for the Classroom Teacher (3).** Combined theory and applied technique, providing elementary teachers with general knowledge of specific physical education objectives and principles. Students teach their peers lessons in self-testing activities, games, rhythms and movement exploration. Fall.
- 321. Football Theory (2).** A brief history of the origin of football and its evolution into the modern game, including playing rules. Students complete a coaching booklet addressing such aspects as offense, defense, kicking game, scouting, game strategy and practice organization. Fall '07.
- 333. Adapted Physical Education (3).** A theoretical and practical approach to physical education for the physically and mentally disabled student. The use of rhythms and other tools as they relate to developmental patterns of movement including lifetime sports skills will be part of various laboratory experiences. Spring.
- 336. Exercise Testing and Prescription (2).** A course designed to cover principles of exercise testing and prescription in healthy and diseased populations. Exercise testing methodologies taught in this course are based on guidelines developed by the American College of Sports Medicine. (Prerequisite: ESPE 311.) Spring.

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- 337. Therapeutic Exercise (2).** Techniques to integrate the knowledge base of strengthening and conditioning during rehabilitation with application to injuries received in athletics. Therapeutic exercise strategies used during rehabilitation are designed to utilize strength and conditioning principles, functional range of motion techniques, and to prepare the athlete for safe return to sport activity.
- 339. Theory and Application of Strength and Conditioning (2).** Theory and practice in development and administration of comprehensive strength and conditioning programs with special emphasis placed on athletes. (Prerequisite: ESPE 219, 225 and 250) Fall.
- 340. Athletic Training Clinical Skills III (1).** Laboratory experience to review and test the clinical skills taught during the second year of the athletic training program. Clinical skill development experiences are provided in the athletic training facility with inter-collegiate athletics. (Prerequisite: ESPE 140, 240, 241, 219 and 220, admission to athletic training program) Fall, Spring.
- 350. Measurement and Evaluation in Physical Education and Exercise Science (2).** Statistical methods and assessment techniques applied to physical education and exercise science. Criteria for selecting tests, statistical techniques, and tools for assessing fitness, skills and attitudes will be examined. Spring.
- 400. Athletic Injury Assessment (2).** Students receive instruction in the techniques for the evaluation of injuries in athletics. Topics include the anatomical, physiological, pathological and psychological processes that occur due to injury. Signs and symptoms, specific tests and mechanisms of injury will be discussed.. (Prerequisite: ESPE 201, 219, 225 and 250 or permission of instructor.) Spring '07.
- 401. Athletic Training Administration (2).** Organizing and administering an athletic training program and facility, with emphasis on program management, human resources, budget planning, facility design, record keeping, liability, and legal considerations. Spring '07.
- 402. Administration of Physical Education and Sport (3).** Organizing and administering a physical education or sport program, with emphasis on legal considerations, public relations, personnel, program, facilities, equipment and financial management. Spring.
- 404. Senior Seminar (2).** The use of statistical tools and methods needed for research in Exercise Science/Physical Education. The student is required to make a formal presentation as a culminating senior experience. (Prerequisite: senior standing.) Fall.
- 440. Athletic Training Clinical Skills IV (1).** Laboratory experience to review and test the clinical skills taught during the third year of the athletic training program. Clinical skill development experiences are provided in the athletic training facility with inter-collegiate athletics. (Prerequisite: ESPE 337, 339 and 400, admission to athletic training program) Spring.

First-Year Experience/History

Special and Advanced Courses

199. **Exploratory Internship (1-3).** Does not count toward a departmental major.
299. **Experimental Course (1-3).**
399. **Professional Internship (1-12).**
451. **Independent Study (1-3).** A program of supervised reading, research or work in an area of special interest to the student. (Prerequisite: written departmental permission.)
499. **Advanced Experimental Course (1-3).**

First-Year Experience

101. **Introduction to the College Experience.** An introduction to the intellectual, cultural and social climate of Adrian College. Through interaction with faculty/staff and other students, incoming first-year students will be introduced to the survival skills needed for academic growth and development.

History

Knowledge of history has long been recognized as a significant part of a liberal arts education. The study of history is most often associated with careers in education, law and public service, but the communication and critical thinking skills learned through historical study are essential in a great variety of careers. Many history majors proceed directly to graduate or professional school.

Major Program Requirements

Bachelor of Arts in History (36 hours and 3 hours of cognates)

History core (8 hours)

HIST 295	Historical Theories and Methods (4)
HIST 407	Seminar (4)

History electives (28 hours)

Asian (8 hours from 101, 102, 221, 302, 339, 355)
European (8 hours from 103,104, 203, 213, 305, 313, 320)
American (8 hours from 105, 106, 230, 260, 265, 371, 373)
4 additional hours at the 300 or 400-level