

Curriculum for BS in Sports Studies - West Virginia State University

(As of Feb. 18, 2016)

122. FITNESS FOR LIVING (2 credit hours)

A program that assesses wellness/health and fitness interests, and provides learning experiences as well as physical practices to promote lifelong health.

126. FOUNDATIONS OF PHYSICAL EDUCATION (3 credit hours)

A study of the historical and philosophical background that contributes the development of the psychological, sociological and physiological foundations that are the basis of contemporary physical education.

130. NCAA LIFE SKILLS (1 credit hour)

This course provides strategies that make smart choices about use or non-use of alcohol and other drugs, both short-term and long-term.

135. DANCE METHODS (2 credit hours)

This course is designed to prepare the pre-service teacher to organize, plan, select, instruct, and evaluate a variety of dance activities for elementary and middle school students.

199. SPECIAL TOPICS (1-3 credit hours)

A lower-division course designed for a topic of current interest, including televised courses. Prerequisite: As stated for each offering.

225. BIOMECHANICS (3 credit course)

The course is designed to build a basic foundation of anatomy and kinesiology as it pertains to movement in physical education. Prerequisite: BIO 210 with a "C" or better.

238. METHODS OF GYMNASTICS AND AEROBICS (2 credit hours)

This course is designed to prepare the pre-service teacher to organize, plan, select, instruct and evaluate motor skills and safety aspects in the areas of tumbling and dance for elementary and middle school students and aerobic dance for high school students.

240. TEAM SPORTS I (2 credit hours)

This course is designed to prepare the prospective teacher in knowledge of rules, boundaries, instructional strategies, and psychomotor skills characteristic of the sport forms are analyzed and applied to football, soccer and volleyball.

242. TEAM SPORTS II (2 credit hours)

This course is designed to prepare the prospective teacher in knowledge of rules, boundaries, instructional strategies, and psychomotor skills characteristic of sport forms are analyzed and applied to softball, track & field, and basketball.

317. SPORTS TRAINING LAB/FOOTBALL (2 credit hours)

Designed for the student trainer to obtain laboratory experience in the sport of football while working toward certification in the area of Athletic Training. 40 experience hours in conditioning, taping, first aid, and rehabilitation required. Prerequisite: HHP 331 with a "C" or better, plus current certification in CPR and Advanced First Aid.

318. SPORTS TRAINING LAB/BASKETBALL (1 credit hour)

Designed for the student trainer to obtain laboratory experience in the sport of basketball while working toward certification in the area of Athletic Training. 40 experience hours in conditioning, taping, first aid, and rehabilitation required. Prerequisite: HHP 331 with a "C" or better, plus current certification in CPR and Advanced First Aid.

321. SPORTS TRAINING LAB/BASEBALL-TRACK AND FIELD (1 credit hour)

This course is designed for the student trainer to obtain laboratory experience in the sports of base-track and field while working toward certification in the area of Athletic Training. 75 experience hours under the direct supervision of a certified athletic trainer in conditioning, taping, first aid, and rehabilitation required. Prerequisite: HHP 331 with a "C" or better, plus current certification.

327. EXERCISE PHYSIOLOGY (3 credit hours)

This course is designed to implement knowledge of the physiological function of the body during exercise. Prerequisite: HHP 225 with a "C" or better.

329. ADAPTED PHYSICAL EDUCATION AND RECREATION (3 credit hours)

Emphasis on the physical and health status of typical and atypical students and physical activities for maximum development.

331. ATHLETIC TRAINING I (3 credit hours)

The course is designed to give the student initial instruction in the many facets of sports medicine and the role and responsibilities of the athletic trainer. Prerequisite: HHP 327 with a "C" or better.

333. ATHLETIC TRAINING II (3 credit hours)

The course is designed to give the student advanced instruction above that offered in HHP 331 into many facets of sports medicine and the roles and responsibilities of the athletic trainer.

341. INDIVIDUAL AND DUAL SPORTS I (2 credit hours)

This course is designed to prepare the prospective teacher in rules, boundaries, instructional strategies and psychomotor skills in tennis, bowling, archery and badminton. To develop and apply skills to tennis, bowling, archery and badminton.

343. INDIVIDUAL AND DUAL SPORTS II (2 credit hours)

This course prepares the prospective teacher in rules, boundaries, instructional strategies and psychomotor skills. To develop and apply skills to golf, handball, and strength and conditioning.

399. SPECIAL TOPICS (1-3 credit hours)

An upper-level course for a topic of special current interest, including televised courses. Prerequisite: As stated for each offering.

428. ADMINISTRATION OF PHYSICAL EDUCATION AND SPORT (3 credit hours)

This course is a series of discussions, lectures and case studies that assist students in application of the administrative theories, concepts, principles, and decision-making skills necessary for a successful career in exercise-related professions.

446. METHODS OF ELEMENTARY/MIDDLE SCHOOL PHYSICAL EDUCATION (3 credit hours)

Designed to meet state requirements for certification of elementary/middle school teachers. The presentation of a sequentially developed program which will include the development of knowledge, physical skills and methods for teaching physical education. Selected activities appropriate to the elementary students. In addition 8-10 hours of selected practical experience. Prerequisite: ED 316

449. METHODS OF SECONDARY PHYSICAL EDUCATION (3 credit hours)

Methods of teaching secondary physical education activities. Designed to meet requirements for certification of secondary school teachers. Prerequisite: ED 316