



**KENTUCKY STATE  
UNIVERSITY**

## PHYSICAL EDUCATION (PHE)

### **PHE 101: Volleyball**

Fundamental skills, techniques, terminology, and rules of volleyball. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 102: Basketball**

Fundamental skills, techniques, terminology, and rules of basketball. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 103: Football (Flag)**

Fundamental skills, techniques, terminology, and rules of flag football. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 104: Softball**

Fundamental skills, techniques, terminology, and rules of softball. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 105: Soccer**

Fundamental skills, techniques, terminology, and rules of soccer. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 109: Beginning Swimming**

Designed to teach students basic skills in swimming, diving, and water safety. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 110: Beginning Tennis**

Fundamental skills, techniques, terminology, and rules of tennis. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 111: Track & Field**

Fundamental skills, techniques, terminology, and rules of track and field. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 112: Badminton**

Fundamental skills, techniques, terminology, and rules of badminton. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 113: Golf**

Fundamental skills, techniques, terminology, and rules of golf. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 115: Archery**

Fundamental skills, techniques, terminology, and rules of archery. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 116: Racquetball**

Fundamental skills, techniques, terminology, and rules of racquetball. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 117: Bowling**

Fundamental skills, techniques, terminology, and rules of bowling. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 118: Body Condition/Phys Fitness**

Designed to help the student understand the basis of physical fitness and develop a systematic program of exercise. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 119: Yoga**

Exercise method utilized to increase coordination, concentration, flexibility, strength, and stamina in localized muscle groups of the body.

**Credit Hours: 1**

**Contact Hours: 1**

### **PHE 120: Gymkhana Performance Class**

This course offers beginning and advanced gymnastics. Open to all non-physical education majors. (Maybe repeated for credit)

**Credit Hours: 1**

**Contact Hours: 1**

### **PHE 121: Karate I**

An introduction to physical and metaphysical aspects of the art of self defense, meditation, and relaxation. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 122: Karate II**

An advanced course for students who are serious about the pursuit of the martial arts. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 123: Aerobic Dance I**

Designed to improve the cardiovascular system and to promote an understanding of aerobics in the prevention of heart disease. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

### **PHE 124: Aerobic Dance II**

Assists students in determining their level of cardiovascular fitness and in designing a personal aerobics program. (Two labs per week)

**Credit Hours: 1**

**Contact Hours: 2**

**PHE 125: Team Sports I**

The student will be exposed to the fundamental skills, techniques, and rules of volleyball, basketball, and football. (two labs per week.)

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 126: Team Sports II**

Fundamental skills, techniques, terminology, strategy and rules of soccer, softball, and track will be addressed during the class setting. (Two hours of lab per week)

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 127: Individual Sports I**

Fundamental skills, techniques, terminology, strategy of tennis, archery and badminton will be addressed during the class setting. (Two hours of lab per week)

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 128: Individual Sports II**

Fundamental skills, techniques, terminology, strategy and rules of golf, racquetball, and field will be addressed during the class setting. (Two hours of lab per week)

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 131: Alpine Skiing**

An individualized Alpine Skiing course taught by Certified Ski School instructors on the staff at SKI Butler. Individualized instruction at beginner, intermediate, advanced, and competition levels.

**Credit Hours:** 1

**Contact Hours:** 1

**PHE 145: Interm Tennis**

Review of beginning tennis skills. Emphasis on strategy and improvement of skills. (Two labs per week)

**Prerequisite:** PHE 110

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 200: Lifelong Leisure Activities**

Designed to teach basic skills related to water activities, golf, and bowling.

**Prerequisite:** PHE 109 or consent of instructor

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 201: Team Sports-Volleyball**

Designed to expose the student to intermediate techniques of performance, and teaching techniques of volleyball. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 202: Team Sports-Basketball**

Designed to expose the student to intermediate techniques of performance, and teaching techniques of basketball. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 203: Team Sports-Football**

Designed to expose the student to intermediate techniques of performance, and teaching techniques of flag football. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 204: Team Sports-Softball**

Designed to expose the student to intermediate techniques of performance, and teaching techniques of softball. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 205: Team Sports-Soccer**

Designed to expose the students to intermediate techniques of performance, and teaching techniques of soccer. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 209: Beginning Swimming**

Designed to teach students basic skills in swimming, diving, and water safety. Either from the educational or recreational setting. Education majors will develop activity appropriate lesson plans.

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 1

**PHE 210: Indiv Sports-Tennis**

Designed to expose the students to intermediate techniques of performance, and teaching techniques of tennis. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 211: Indiv Sports-Track/Field**

Designed to expose the students to intermediate techniques of performance, and teaching techniques of track and field. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 212: Indiv Sports-Badminton**

Designed to expose the students to intermediate techniques of performance, and teaching techniques of badminton. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 213: Indiv Sports-Golf**

Designed to expose the students to intermediate techniques of performance, and teaching techniques of golf. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 215: Team Sports Concepts**

Includes safety precautions, repairing and ordering equipment, coaching positions, shooting techniques, history of archery, tournament regulations and terminology utilized.

**Prerequisite:** Physical Education major

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 216: Individual Sports Concepts**

Designed to expose students to intermediate and advanced techniques of performance and teaching strategies utilized in racquetball.

**Prerequisite:** Physical Education major

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 218: Teach Body Condition**

Designed to expose the students to intermediate techniques of performance, and teaching techniques of body conditioning and physical fitness. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 219: Yoga**

The course is designed to expose students to intermediate and advanced techniques of performance and teaching strategies utilized in Yoga. (One lecture, one lab per week)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 220: Gymnaha Performance Class**

This course offers beginning and advanced gymnastics. (Maybe repeated for credit)

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 1

**PHE 221: Karate I**

Designed to expose students to intermediate and advanced techniques of performance and teaching strategies utilized in Karate.

**Prerequisite:** Physical Education major

**Credit Hours:** 1

**Contact Hours:** 1

**PHE 222: Karate II**

An advanced course designed for students who wish to advance to different belt levels.

**Prerequisite:** PHE 221

**Credit Hours:** 1

**Contact Hours:** 1

**PHE 225: Team Sports I**

Designed to expose the student to intermediate techniques of performance, teaching and assessment techniques of volleyball, basketball, and football. (Two labs per week)

**Prerequisite:** Physical Education Major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 226: Team Sports II**

The student will be exposed to fundamental skills, techniques, terminology strategy and rules of soccer, softball, and track during the class setting. The student will also be exposed to the methods of teaching and assessment in the activities. (Two hours of lab per week)

**Prerequisite:** Physical Education Major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 227: Individual Sports I**

The student will be exposed to fundamental skills, techniques, terminology, strategy of tennis, archery and badminton. The methods of teaching and assessment will also be addressed in the class setting. (Two hours of lab per week)

**Prerequisite:** Physical Education Major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 228: Individual Sports II**

The student will be exposed to fundamental skills, techniques, terminology, strategy and rules of golf, racquetball, and field will be addressed during the class setting. The student will be exposed to the methods of teaching and assessment also in the activities. (Two hours of lab per week)

**Prerequisite:** Physical Education Major

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 240: Intermediate Swimming**

Review of beginning swimming skills. Instruction in techniques of all strokes useful to recreational swimming. (Two labs per week)

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 257: Elem Rhythmic Dance Act**

Designed to expose the prospective teacher to a variety of rhythmic and dance activities. (One lecture, one lab per week)

**Credit Hours:** 1

**Contact Hours:** 2

**PHE 259: Mov Gym Act Elem Sch**

Designed to expose the prospective teacher to a variety of movement, gymnastic apparatus, stunt and tumbling activities. (One lecture, two labs per week)

**Credit Hours:** 2

**Contact Hours:** 3

**PHE 301: Human Anat for Phys Ed/Sport**

This course is designed to expose physical education majors to the muscular, skeletal, circulatory, and respiratory systems of the body and the relationship of those systems to physical education and sport.

**Prerequisite:** BIO 111 and Physical Education major

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 302: Human Phy. for Physical Edu &**

A course in human physiology for physical education students. The following systems will be covered: nervous system, cardiovascular system, lymphatic, system, respiratory system, digestive system, temperature regulation, and the reproductive system. Credit: 4 semester hours.

**Prerequisite:** BIO 111 and physical education major

**Credit Hours:** 4

**Contact Hours:** 4

**PHE 310: Army Fitness Program**

Designed to help students understand and participate in a physical fitness training program. (Three labs per week)

**Credit Hours:** 2

**Contact Hours:** 3

**PHE 320: Adapted Physical Education**

Designed to familiarize students with conditions that limit individual participation in physical activity. (Two lectures, one lab per week; six hours of observation)

**Prerequisite:** PHE 331

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 323: Principles of Physical Educ**

An introduction to the historical, philosophical, biological, physiological, sociological, and political principles of physical education and sports. (Three lectures per week)

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 324: Sports Injury:Prevention/Care**

Designed to introduce the student to sports medicine. Laboratory experience is provided. (Two lectures, one lab per week)

**Prerequisite:** PHE 301

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 330: Physiology of Exercise**

Designed to present the physiological effects of exercise on the various body systems. (Two lectures, two labs per week)

**Prerequisite:** PHE 301

**Credit Hours:** 4

**Contact Hours:** 4

**PHE 331: Kinesiology/Biomechanics**

Designed to provide an understanding of the anatomical and mechanical aspects of human movement. (Three lectures, one lab per week)

**Prerequisite:** PHE 301

**Credit Hours:** 4

**Contact Hours:** 4

**PHE 332: Motor Develop/MotorLearning**

Introduces students to major concepts of motor development and motor learning. Includes application of these concepts to the teaching of motor skills.

**Prerequisite:** PSY 303

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 333: Psycho/Socio Aspects of Sports**

Aids the prospective teacher/coach to understand and apply the psychological and sociological concepts of sports and physical activity in the learning environment.

**Prerequisite:** PSY 200 or SOC 203

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 334: Princ. of Strength & Condition**

This course examines the scientific theories and principles of the physical conditioning process. Emphasis is placed on the design and implementation of effective strength and conditioning programs for enhanced health and fitness. Credit: 3 semester hours.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 340: Sports Marketing**

This course helps students gain a deeper understanding of sport marketing by examining in-depth the sport marketing mix of product, price, place, and promotion as well as marketing research, marketing strategy, market segmentation, branding, sponsorships, licensing venue and event marketing, global sport marketing, and public relations.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 345: Sports Communication**

This course is designed to give provide students with an overview of the field of sport communication; specific topics include models of sport communication, print and electronic media, sport advertising, public relations, media relations, and employment opportunities.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 351: Lifeguard Training**

Leads to certification by the American Red Cross. (Two labs per week)

**Prerequisite:** CPR Certification, HED 107, and PHE 240 or comparable skills

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 352: Water Safety Instructor**

Training in teaching swimming. American Red Cross Water Safety Instructor certification upon successful completion. (Two labs per week)

**Prerequisite:** PHE 240 or comparable skills

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 355: Sports Officiating**

Intensive study of playing rules, rule interpretation, and techniques and mechanics of officiating. (Two lectures, one lab per week)

**Credit Hours:** 2

**Contact Hours:** 3

**PHE 360: Economics & Govern. in Sports**

This course provides and in-depth analysis of the history, development and organizational structures of the agencies that govern sport. This course also examines the financial aspects of sport and how sport affects the economy.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 370: Sport and Society**

This course focus on the enormous impact sports has played and continues to play in society, with and emphasis on U.S. society.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 371: Sports Fac & Event Manag.**

This course is designed to give students information and knowledge on the operation and management of athletic and recreational facilities.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 380: Coaching Competitive Ath**

Introduction to the theories and practices pertaining to athletic performance and athletic management for coaching. (Two lectures per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 381: Coaching Volley/Basketball**

Theory, strategy, and mechanics of coaching volleyball and basketball. (Two lectures per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 382: Coaching Track & Field Events**

Theory, strategy, and mechanics of coaching track and field events. (Two lectures per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 383: Coaching Soccer/Football**

Theory, strategy, and mechanics of coaching soccer and football. (Two lectures per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 384: Coaching Baseball/Softball**

Theory, strategy, and mechanics of coaching baseball and softball. (Two lectures per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 389: Legal Aspects Coaching Ath**

Provides the student with knowledge and understanding of applications of law to the specific areas of school physical education and athletic programs. (Two lectures per week)

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 390: Scientific Basis of Coaching**

Introduces the student to the scientific disciplines that undergird sound athletic coaching practices: sport psychology, bio-mech-anics, and exercise physiology. (One lecture, one lab per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 391: Psychology of Motor Learning**

Provides the student with knowledge and understanding of skill acquisition and motor performance applicable when participating in sport activities. (One lecture, one lab per week)

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 401: Tests/Measurements HPE**

The theory of measurement and statistical techniques. Includes construction of tests and the measuring of physical fitness and motor performances. (Two lectures, one lab per week)

**Prerequisite:** MAT 111

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 402: Res. Methods. in Exercise Sci.**

This course is designed to provide the student with a working knowledge of research methodology in health and human performance. This will assist them in identifying problem areas, designing and implementing data collection techniques for their research paper. Credit: 3 semester hours.

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 421: Organization/Adm of HPE**

Introduces the student to the principles, organization, and administration of school health, physical education, and intramural and interscholastic sports programs. (Three lectures per week)

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 423: Adv Techniques Athletic Train**

Provides the students with advanced knowledge and understanding of athletic training including counseling, education, therapeutic modalities, rehabilitation techniques, and organization and administration of an athletic facility.

**Prerequisite:** PHE 324

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 425: Ath Train High Impact Fld Exp**

Students obtain high impact field experience under the direct supervision of a certified athletic trainer.

**Prerequisite:** PHE 423

**Credit Hours:** 2

**Contact Hours:** 2

**PHE 426: Assess Procedures in Athl Trng**

Provides the students with knowledge and skills necessary to perform evaluation and implement rehabilitation protocols to injured athletes. (Formerly PHE 424)

**Prerequisite:** PHE 423

**Credit Hours:** 3

**Contact Hours:** 3

**PHE 440: Intern. in Exercise Science**

A supervised internship in a professional work environment, which will provide the student with exposure to the job market in physical education business and public health agencies. Credit: 3 semester hours.

**Credit Hours:** 3

**Contact Hours:** 3