

PHYSICAL ED-- PROFESSIONAL (PEP)

PEP 100 Introduction to Exercise Science and Health (1 credit)

Introduction to foundational content, subdisciplines of study in exercise science, and fields of health. Students will also gain an understanding of career opportunities within the areas of exercise science & health. (Fall only)

PEP 107 Movement Fundamentals (1 credit)

Skill development and teaching knowledge of the fundamentals and concepts of movement. Two lecture-labs per week.

Prereqs: ESHS, Dance, or Recreation major or Permission

PEP 132 Skill and Analysis of Striking and Net/Wall Activities (1 credit)

This course is designed to develop proficiency in basic skills, strategies, tactics, error detection and correction, rules, teaching skills and curricular models for striking and net/wall activities (e. g. tennis, badminton, pickleball, volleyball, softball, cricket, etc.). Lecture-lab.

Prereqs: ESHS, Dance, or Recreation major or Permission

PEP 133 Skill and Analysis of Target and Invasion Activities (1 credit)

This course is designed to develop proficiency in basic skills, strategies, tactics, error detection and correction, rules, teaching skills, and curricular models for target and invasion activities (e. g. golf, bowling, basketball, soccer, team handball, hockey, football, ultimate Frisbee, etc.). Lecture-lab.

Prereqs: ESHS, Dance, or Recreation major or Permission

PEP 134 Skill and Analysis of Recreation and Outdoor Activities (1 credit)

This course is designed to develop proficiency in basic skills, strategies, rules, ethics, teaching skills, and designing teaching progressions and curricular models for recreation and outdoor activities (e. g. snow shoeing, wall climbing, orienteering, geocaching, skating, bicycling, hiking/walking, jogging, camping). Field trips required.

Prereqs: ESHS, Dance, or Recreation major or Permission

PEP 171 Athletic Training Clinical Experience I - Observation (1 credit)

Introductory clinical experience and insight into the profession of Athletic Training. Students will receive supervised clinical education experience in UofI's Athletic Training Room. Students will complete the application process into the clinical experience portion of the Athletic Training major in this course. 40 hours/clinical observation. Graded P/F. (Spring only)

Prereqs: Permission

PEP 200 (s) Seminar (1-16 credits)

Credit arranged

PEP 203 (s) Workshop (1-16 credits)

Credit arranged

PEP 204 (s) Special Topics (1-16 credits)

Credit arranged

PEP 275 Moral Reasoning in Sport (2 credits)

Joint-listed with PEP 475

Current ethical issues in sport, such as performance-enhancing drugs, mechanization, cheating, eligibility; challenges students to creatively examine their beliefs.

PEP 299 (s) Directed Study (1-16 credits)

Credit arranged

PEP 300 Applied Human Anatomy and Biomechanics (3 credits)

This course is designed to provide the student with the anatomical and biomechanical knowledge essential to conduct a systematic qualitative analysis of human movement in clinical, educational, performance, and wellness settings. Two hours of lecture, two hours of lab per week.

Prereqs: BIOL 227 or Permission

PEP 301 Mental Training (2 credits)

Students will learn and apply mental training skills that are necessary for developing a personalized peak performance program.

Prereqs: Permission. Enrollment is restricted to students who are highly engaged in performance activities such as athletes, performing artists, military cadets, etc.

PEP 305 Applied Sports Psychology (3 credits)

Overview of key psychological issues in physical education and sport including competition, personality, anxiety, motivation, self-confidence, imagery, and stress management; practical applications of psychological concepts of youth sports and development of key psychological skills for competition.

PEP 350 Elementary Health and Physical Education (1 credit)

Provides learner with knowledge, experiences, and skills in the pedagogy of health, physical education, and physical activity for diverse K-8 students. Typically Offered: Fall.

PEP 360 Motor Behavior (3 credits)

Overview of development, control, and learning throughout the lifespan. Four hours of lecture-lab per week.

Prereqs or Coreqs: BIOL 227

PEP 400 (s) Seminar (1-16 credits)

Credit arranged

PEP 403 (s) Workshop (1-16 credits)

Credit arranged

PEP 404 (s) Special Topics (1-16 credits)

Credit arranged.

PEP 405 (s) Professional Development (1-16 credits)

Credit arranged. Credit earned may not be applied toward grad degree programs but may be accepted for fifth-year certification. Professional development in physical education and sport professional personnel. Additional projects/assignments required for graduate credit.

PEP 407 Sport Biomechanics (3 credits)

Joint-listed with PEP 507

The purpose of this course is to investigate sport performance from an applied mechanical approach. Students will assess sport techniques, injury risk factors and equipment designs incorporating concepts of Newtonian Mechanics.

Prereqs: PEP 300

PEP 409 Concepts in Strength and Conditioning (3 credits)

This course provides students with the theory and practice of resistance training that prepares students to take certification exams such as the National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS) exam. Two lectures and one lab per week. Typically Offered: Fall.

Prereqs: BIOL 227

PEP 412 Elementary Methods in Physical Activity Pedagogy (3 credits)

This course focuses on the study and application of effective teaching behaviors, methods and curricular models, and the process of planning, implementing, and evaluating teaching and administering a program at the elementary level. A practicum with elementary students is required during this course. Lecture-lab.

Prereqs: Admission to teacher education program and MVSC 201, PEP 107, PEP 133, PEP 360 and PEP 413 or by permission

PEP 413 Foundations and Assessment in Physical Activity Pedagogy (3 credits)

This course will develop learner competencies in the foundations of physical education, i. e. profession, professional standards, philosophical, cultural, historical and social aspects of physical education and physical activity pedagogy; and assessment, research and technology in physical activity pedagogy.

Prereqs: MVSC 201 and PEP 132 and PEP 133 and PEP 134

PEP 418 Physiology of Exercise (3 credits)

Effects of physical activity on the circulatory, respiratory, and other systems. Two lectures and 2 hours of lab per week. Typically Offered: Fall and Spring.

Prereqs: MVSC 201, BIOL 227 and BIOL 228; or Permission

PEP 421 Secondary Methods in Physical Activity Pedagogy (3 credits)

This course focuses on the study and application of effective teaching behaviors, methods and curricular models, and the process of planning, implementing, and evaluating teaching and administering a program at the secondary level. A practicum with middle and high school students is required during this course. Lecture-lab.

Prereqs: Admission to teacher education program and MVSC 201, PEP 132, PEP 134, PEP 300 or by permission

PEP 424 Inclusive Physical Education and Recreation (3 credits)

Cross-listed with RSTM 424

To provide an overview of movement and physical activities in physical education and recreational settings for individuals with disabilities. Emphasis will be on history, etiology, characteristics, services, resources, professional competencies, and instructional strategies. Practical experience (16 hours in the community) is required to enhance instructional abilities to adapt and create an inclusive physical education and recreational setting for all participants.

Prereqs: Senior standing or Permission.

PEP 430 Activity and Health in Movement and Leisure Sciences (3 credits)

Cross-listed with RSTM 430

Joint-listed with PEP 530 and RSTM 530

This course familiarizes students with contemporary research and professional applications of activity in relation to health and wellness using a variety of perspectives in movement and leisure sciences and related disciplines. (Fall only)

PEP 455 Design & Analysis of Research in Movement Sciences (3 credits)

Cross-listed with RSTM 455

This course is designed to survey the basic types of research methods often found in exercise science and health; and recreation. A variety of research designs and computerized statistical analyses are studied to help students understand the systematic nature of problem solving. Various research problems as they relate to exercise science and health; and recreation are discussed for the purpose of identifying the broad and diverse nature of research in the movement, leisure, and health professions. (Spring only)

Prereqs: Junior or Senior standing.

PEP 459 Sport Nutrition (3 credits)

Cross-listed with FN 459

Joint-listed with PEP 559

This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

Prereqs: Permission

PEP 463 Epidemiology of Physical Activity and Health (3 credits)

Joint-listed with PEP 563

This class focuses on the history of physical activity and health, adaptations to training, benefits of physical activity, and consequences of inactivity and sedentary behavior as related to specific disease states and conditions. Students will be required to read and discuss pertinent literature in physical activity and health. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

PEP 475 Moral Reasoning in Sport (2 credits)

Joint-listed with PEP 275

Current ethical issues in sport, such as performance-enhancing drugs, mechanization, cheating, eligibility; challenges students to creatively examine their beliefs.

PEP 484 (s) Internship in Physical Education Teaching (1-14 credits)

Guided observation, supervised instruction, and comprehensive team and independent teaching in elementary and secondary school settings. Students will be following the school district full semester calendar. Graded P/F.

Prereqs: Admission to teacher education program and PETE faculty approval

Coreqs: EDCI 401

PEP 493 Fitness Assessment and Prescription (3 credits)

Development of skills in exercise testing, data interpretation, and prescription for health related fitness. Two lectures and 2 hours of lab per week. Typically Offered: Fall and Spring.

Prereqs: PEP 418 or Permission

PEP 495 (s) Practicum (1 credit, max arranged)

Gen Ed: Senior Experience Supervised field work.

Prereqs: Permission

PEP 498 Internship in Exercise Science & Health (1-16 credits)

General Education: Senior Experience
Credit arranged. Supervised field work.

PEP 499 (s) Directed Study (1-16 credits)

Credit arranged

PEP 500 Master's Research and Thesis (1-16 credits)

Credit arranged

PEP 501 (s) Seminar (1-16 credits)

Credit arranged

PEP 502 (s) Directed Study (1-16 credits)

Credit arranged

PEP 503 (s) Workshop (1-16 credits)

Credit arranged

PEP 504 (s) Special Topics (1-16 credits)

Credit arranged.

PEP 505 (s) Professional Development (1-16 credits)

Joint-listed with PEP 405

Credit arranged

PEP 507 Sport Biomechanics (3 credits)

Joint-listed with PEP 407

The purpose of this course is to investigate sport performance from an applied mechanical approach. Students will assess sport techniques, injury risk factors and equipment designs incorporating concepts of Newtonian Mechanics.

Prereqs: PEP 300

PEP 518 Advanced Physiology of Exercise (3 credits)

Principles and methods essential to the experimental approach to understand how the human body responds to short-term bouts of exercise and subsequently adapts to exposure to long-term exercise training. Two lectures per week.

PEP 522 Pedagogy Applied to Health, Physical Education, Recreation, and Dance (3 credits)

Provides theoretical and practical skills in the study and analysis of the teaching and learning process in health, physical education, recreation, and dance.

PEP 523 Physical Activity Assessment and Enrichment (3 credits)

This course is designed to focus learners on physical activity assessment and enrichment research with specific application to active travel, community, park, school site, and workplace physical activity.

PEP 530 Activity and Health in Movement and Leisure Sciences (3 credits)

Cross-listed with RSTM 530

Joint-listed with PEP 430 and RSTM 430

This course familiarizes students with contemporary research and professional applications of activity in relation to health and wellness using a variety of perspectives in movement and leisure sciences and related disciplines. (Fall only)

PEP 544 Program Development (3 credits)

Developing programs associated with physical education and sport science using current conceptual frameworks and models. Field-testing of programs may be required.

PEP 559 Sport Nutrition (3 credits)

Joint-listed with FN 459, PEP 459

This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

PEP 560 Sport Psychology (3 credits)

Provides an understanding of how psychological factors influence performance and how simple and easy-to-use mental training techniques may be employed to enhance performance and enjoyment; using the Coaches' Guide to Sport Psychology and accompanying workbook, teachers/coaches will address such important psychological topics as peak performance, motivation, communication, leadership, self-confidence, concentration, stress management, imagery, goal setting, arousal control, and mental plans/performance routines; workbook exercises, case studies, and hands-on projects will teach mental training principles and help practitioners develop skills that they can successfully use to enhance performance with their students/athletes. (Fall only)

PEP 561 Motivation in Sport and Recreation (3 credits)

Practical, hands-on course designed to teach basics of motivation to physical educators, coaches, and recreation professionals; major achievement motivation theories and primary antecedents and consequences of motivated behavior; five major motivational enhancement strategies including goal setting, personal science, competition, feedback, and reinforcement; guidelines for maximizing effectiveness; analysis of applied motivation questions such as dropouts/burnouts, peak performance, exercise adherence, injury rehabilitation, increasing enjoyment, designing reward systems, and positive parental involvement. (Spring only)

PEP 563 Epidemiology of Physical Activity and Health (3 credits)

Joint-listed with PEP 463

This class focuses on the history of physical activity and health, adaptations to training, benefits of physical activity, and consequences of inactivity and sedentary behavior as related to specific disease states and conditions. Students will be required to read and discuss pertinent literature in physical activity and health. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

PEP 570 Ethical Practice and Communication in Physical Activity (3 credits)

Problem-solving approach to communication and practice of ethics in physical activity. (Fall only)

PEP 598 (s) Internship (1-16 credits)

Credit arranged. Supervised field experience in an appropriate public or private agency.

PEP 599 (s) Research (1-16 credits)

Credit arranged. Research not directly related to a thesis or dissertation.

Prereqs: Permission

PEP 600 Doctoral Research and Dissertation (1-45 credits)

Credit arranged

PEP 699 Non-Dissertation Doctoral Research (1-16 credits)

Credit arranged. Research not directly related to dissertation.

Prereqs: Enrollment to a doctoral program