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.
Prereq: 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.
Prereq: 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.
Prereq: 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.
Prereq: ESHS, Dance, or Recreation major or Permission

PEP 161 Introduction to Physical Education
1 credit
Introduction to the field of physical education teaching and coaching, professional and portfolio development, and national and state standards. (Fall only)

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)
Prereq: Permission

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
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.
Prereq: 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.
Prereq: 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
3 credits
Specific methods, research, curricula, and technology in teaching elementary health and physical education for diverse populations. Facilitation of understanding content, curriculum, methods and assessment in an integrated setting.
Prereq or Coreq: EDCI 408 or EDCI 409

PEP 360 Motor Behavior
3 credits
Overview of development, control, and learning throughout the lifespan. Four hours of lecture-lab per week.
Prereq or Coreq: BIOL 227

PEP 400 (s) Seminar
Credit arranged

PEP 403 (s) Workshop
Credit arranged

PEP 404 (s) Special Topics
Credit arranged

PEP 405 (s) Professional Development
Credit arranged
Cr 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 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.

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

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.

Prereq: 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.

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

PEP 418 Physiology of Exercise
2 credits
Effects of physical activity on the circulatory, respiratory, and other systems.

Prereq: MVSC 201, BIOL 227 and BIOL 228; or Permission
Coreq: PEP 418L

PEP 418L Physiology of Exercise Laboratory
1 credit
Laboratory section for PEP 418. Study of the impacts of exercise on energy metabolism, the cardiovascular system, and skeletal muscle.

Prereq: MVSC 201, BIOL 227 and BIOL 228; or Permission
Coreq: PEP 418

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.

Prereq: 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.

Prereq: Senior standing or Permission.

PEP 430 Activity and Health in Movement and Leisure Sciences
3 credits
Joint-listed with PEP 530, Cross-listed with 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 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)

Prereq: Junior or Senior standing.

PEP 463 Physical Activity, Health and Metabolic Disease
3 credits
Joint-listed with PEP 563
An introduction to the history of physical activity and health, adaptations to training, and benefits of physical activity as related to specific metabolic disease states and conditions (e.g., insulin resistance). Students will be required to read and discuss pertinent literature in physical activity and health. Additional projects/assignments required for graduate credit.

Prereq: PEP 418

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.

Prereq: Admission to teacher education program and PETE faculty approval
Coreq: 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. (Spring only)

Prereq: Senior standing and PEP 418; or Permission

PEP 495 (s) Practicum
1 credit, max arranged
Supervised field work.

Prereq: Permission
PEP 498 (s) Internship in Exercise Science & Health
Credit arranged
Gen Ed: Senior Experience
Supervised field work.
Prereq: MVSC 445, H&S 288, H&S 490, PEP 455, PEP 493, and PEP 495; or Permission

PEP 499 (s) Directed Study
Credit arranged

PEP 500 Master's Research and Thesis
Credit arranged

PEP 501 (s) Seminar
Credit arranged

PEP 502 (s) Directed Study
Credit arranged

PEP 503 (s) Workshop
Credit arranged

PEP 504 (s) Special Topics
Credit arranged

PEP 505 (s) Professional Development
Credit arranged
Joint-listed with PEP 405

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
Joint-listed with PEP 430, Cross-listed with 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 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 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 Physical Activity, Health and Metabolic Disease
3 credits
Joint-listed with PEP 463
An introduction to the history of physical activity and health, adaptations to training, and benefits of physical activity as related to specific metabolic disease states and conditions (e.g., insulin resistance). Students will be required to read and discuss pertinent literature in physical activity and health. Additional projects/assignments required for graduate credit.

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
Credit arranged
Supervised field experience in an appropriate public or private agency. Graded P/F.
Prereq: Permission

PEP 599 (s) Research
Credit arranged
Research not directly related to a thesis or dissertation.
Prereq: Permission

PEP 600 Doctoral Research and Dissertation
Credit arranged

PEP 699 Non-Dissertation Doctoral Research
Credit arranged
Research not directly related to dissertation.
Prereq: Enrollment to a doctoral program