PEP 100 Introduction to Exercise Science & 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 lec-labs a wk.

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.). Lec-lab.

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.). Lec-lab.

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.

PEP 135 Skill and Analysis of Basketball and Volleyball  
1 credit  
Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in basketball and volleyball. Two lec-labs a wk.

PEP 136 Skill and Analysis of Soccer and Speedball  
1 credit  
Skill development and knowledge of teaching progressions, techniques, strategies, and analysis and correction of skills in soccer and speedball. Two lec-labs a wk.

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 UI'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 200 (s) Seminar  
Credit arranged.

PEP 203 (s) Workshop  
Credit arranged.

PEP 204 (s) Special Topics  
Credit arranged.

PEP 275 Moral Reasoning in Sport  
2 credits  
Joint-listed with PEP 475  
PEP 275: 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 hrs of lec, two hrs of lab per wk.  
Prereq: BIOL 120 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 media in teaching elementary health and physical education. Three lecture/lab hours per week and 15 hours of practicum work in the schools and community.  
Prereq or Coreq: EDCI 327, EDCI 328, and EDCI 329.

PEP 360 Motor Behavior  
3 credits  
Overview of development, control, and learning throughout the lifespan. Four hrs of lec-lab a wk.  
Prereq or Coreq: BIOL 120.

PEP 380 Assessment & Research in Physical Education Pedagogy  
3 credits  
This course will develop learner competencies of assessment and research in physical activity pedagogy. Lec-lab course.  
Prereq: MVSC 201 or Permission  
Coreq: PEP 440.

PEP 400 (s) Seminar  
Credit arranged.

PEP 403 (s) Workshop  
Credit arranged.
PEP 404 (s) Special Topics
Cr arranged.

PEP 405 (s) Professional Development
Credit arranged
Cr earned may not be applied toward grad degree programs but may be accepted for fifth-yr certification. Professional development in physical education and sport professional personnel. Additional projects/assignments reqd for grad cr.

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 Professional Strength and Conditioning Specialist (CSCS) exam. There are two lectures and one lab per week.

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 120 and BIOL 121; 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 120 and BIOL 121; 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 REC 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 hrs 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 440 Curriculum & Administration in Physical Activity Pedagogy
1 credit
This course is designed to develop students’ knowledge of curriculum and administration models, and community programming related to physical activity pedagogy.

Prereq: Admission to teacher education program
Prereq or Coreq: PEP 360, PEP 380, and six professional activity courses.

PEP 455 Design & Analysis of Research in Movement Sciences
3 credits
Cross-listed with H&S 455 and REC 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 reqd for grad cr.

Prereq: PEP 418.

PEP 471 Athletic Training Clinical Experience VI
1 credit
Students participate in supervised clinical education experience in UI’s Athletic Training Room applying athletic training knowledge and skills learned in previous course work.

Prereq: PEP 372 and Permission.

PEP 472 Athletic Training Clinical Experience VII
1 credit
Students participate in supervised clinical education experience in UI’s Athletic Training Room applying athletic training knowledge and skills learned in previous course work.

Prereq: PEP 471 and Permission.

PEP 475 Moral Reasoning in Sport
2 credits
Joint-listed with PEP 275
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 lec and 2 hrs of lab per wk. (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 Contemporary Issues in Health and Activity
**3 credits**
Studies of individual and community behavior, theories, policies and current issues related to health and activity; examination of research and development of research and grant proposals. (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 reqd for grad cr.

### 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 Research Credit arranged.

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