

- FDNT485** ? (3) **FDNT594** \$ (0, 4)  
**Nutrition and Metabolism**  
 Study of the nutrients and their functions within the living cell and the complex organism. Discussion of the major metabolic pathways. Prerequisites: BCHM120, FDNT230. *Spring*
- FDNT495** (1-3)  
**Independent Study/Readings**  
 Repeatable to 4 credits in independent study and 4 credits in readings on nutrition and dietetics. Consent of instructor required.
- FDNT498** ? (2)  
**Research Methods in Dietetics**  
 The study of nutrition research design. *Fall*
- FDNT540** (2)  
**Maternal and Child Nutrition**  
 Role of nutrition in human growth and development, with emphasis on prenatal period, infancy, childhood, and adolescence.
- FDNT545** (2)  
**Community Nutrition Programs**  
 Development of nutrition-education programs for community groups emphasizing health promotion. Practicum includes observation and participation in community assessment, planning, implementation, and evaluation of various types of programs. Repeatable to 4 credits.
- FDNT555** (3)  
**Advanced Human Nutrition I**  
 Functions and nutritional metabolism of simple and complex carbohydrates, lipids, amino acids, and proteins. Prerequisite: A course in biochemistry. *Fall*
- FDNT556** (3)  
**Advanced Human Nutrition II**  
 Functions and nutritional metabolism and interactions of fat-soluble and water-soluble vitamins, minerals, and trace minerals. Prerequisite: A course in biochemistry. *Spring*
- FDNT565** (2)  
**Current Issues in Nutrition**  
 Current issues in food safety, diet, and health. Nutritional factors associated with the major chronic diseases of Western society. Prerequisite: FDNT 230. *Spring*
- FDNT570** (3)  
**Maternal and Child Health**  
 Preventive health care and conditions necessary for mother and child well-being in developing countries. Community-based interventions for child survival. Management of maternal and child health programs.
- FDNT585** (2-4)  
**Topics in \_\_\_\_\_**  
 Selected topics in the areas of nutrition. Repeatable to 6 credits.
- FDNT586** (1-4)  
**Professional Experience**  
 Opportunities for unique supervised practical experiences in various organizations to introduce the student to the role of a professional. A maximum of 4 credits per quarter can be taken. Repeatable to 8 credits.

**Option 2: EMPHASIS IN INSTRUCTIONAL LEADERSHIP**

EDTE457; PEAC300, 350; PETH266, 280, 307, 335, 366, 459, 460; plus 6 elective physical Education activity credits (1 credit must be in Team sports and 1.5 credits in Individual sports; 1.5 credits in Intermediate skill level; .5 credit in Gymnastics or Tumbling)

**Minor in Physical Education  
—20-24**

**Cognate Core:** FDNT230, HLED170

**Option 1: EMPHASIS IN EXERCISE SCIENCE (20 credits)**

Physical Education Core plus PETH425, 435

**Option 2: EMPHASIS IN INSTRUCTIONAL LEADERSHIP (24 credits)**

EDTE457; PETH130, 266, 276, 360,

Lifeguard Training certification or current Community Water Safety certification. *Spring*

## THEORY

**HLED130** § (2)  
**Essentials of Wellness**  
Enhances understanding of individual and public-health issues such as disease prevention, and addresses physical, mental, spiritual, and emotional health. *Fall, Spring*

**HLED170** Alt (1)  
**First Aid and Cardiopulmonary Resuscitation**  
Emphasizes the immediate and temporary care of a victim of accident or sudden illness until medical help can be obtained. *Fall*

**HLED420** Alt (3)  
**Ministry of Healing**  
A study of the ways in which optimum health is obtained and how it affects the lifestyle and strengthens the total person physically, mentally, socially, and spiritually. E. G. White's counsel on holistic health is emphasized. *Spring* (even years)

**PETH130** Alt (2)  
**Foundations of Physical Education**  
Study of physical education as a career, its relationship to related fields of education, general principles and philosophies, historical background, and professional preparation. *Fall* (odd years)

**PETH210** Alt (2)  
**Motor Learning**  
Survey of the theories and experimental studies in motor learning. *Fall* (even years)

**PETH266** Alt (2)  
**Recreational Supervision:**  
Study of rules and officiating mechanics for team sports. Physical-education majors or minors seeking teaching certification must repeat until all areas have been completed. *Fall*: Flag Football, Volleyball and Basketball. *Spring*: Floor Hockey, Softball and Soccer. Two lab hours per week required. *Fall, Spring* (even years)

**PETH276** Alt (1)  
**Athletic Injury Prevention**  
A study of the prevention and care of athletic injuries: Prerequisites: HLED170 or BIOL111, 112, 113 or equivalent. *Spring* (odd years)

**PETH280** Alt (1)  
(was RECR280)  
**Introduction to Recreation**  
A survey of recreation services, their goals, activities, achievements and work opportunities. *Spring* (odd years)

**PETH306** Alt (3)  
**Measurements and Evaluation**  
Application of descriptive and inferential statistics to Physical Education and Exercise Science. Prerequisite: STAT285. *Spring* (even years)

**PETH307** Alt (2)  
**Adaptive Physical Education**  
Study of structural and functional handicapping conditions found in school-age children, the limitations imposed by these conditions, and the responsibilities of the physical education teacher

in working with such disabilities. *Spring* (even years)

**PETH335** Alt (2)  
**Principles and Practices of Coaching**  
A study and discussion into sports-team organization, recruiting, picking teams, training, game preparation, travel budget, crowd control, facilities management, fund raising, game safety and control, and coaches' decorum. Special emphasis will include keeping the game in a "Christian perspective" and establishing a personal coaching philosophy. *Fall* (odd years)

**PETH360** Alt (5)  
(was PETH374, 375)  
**Physiology of Exercise**  
Theoretical study of the body's physiological response to exercise and its practical application. Prerequisites: BIOL111,112,113, or equivalent. *Fall* (even years)

**PETH366** Alt (.5)  
**Officiating:**  
Practical field experience in officiating. Two labs per week required. Physical Education majors seeking secondary teacher certification must repeat until all areas have been completed. *Fall*: Flag Football, Volleyball and Basketball. *Spring*: Floor Hockey, Softball and Soccer. Prerequisite: PETH266. *Fall, Spring* (odd years)

**PETH370** Alt (3)  
**Kinesiology**  
The science of bodily movement with emphasis on anatomy, joint and muscular mechanism, principles of force generation and absorption, stability and balance, speed and acceleration in physical activities. Also includes the analysis of activities for the purpose of improving physical skill. Prerequisites: BIOL111, 112, 113 or equivalent, and PHYS131. *Fall* (odd years)

**PETH425** Alt (2)  
**Biomechanics**  
An examination of the internal and external physical forces acting on human movement and the effects produced by these forces. Prerequisite: PETH370. *Spring* (odd years)

**PETH435** Alt (2)  
**Graded Exercise Testing**  
Explores the principles involved in testing individuals for cardiovascular function using the treadmill. Includes contraindications to graded-exercise testing, basic electrocardiography, medication, and patient preparation. Forms a solid foundation for the American College of Sports Medicine's Exercise Test Technologist certification. Prerequisite: HLED170, PETH375, and current CPR. *Fall* (odd years)

**PETH440** (1-3)  
**Topics in \_\_\_\_\_**  
Selected topics in the area of physical education, health, or recreation. Consult current class schedule for topic offered each year. Repeatable in different content areas. *Fall, Spring*

**PETH450** (1-10)  
**Practicum in Health, Physical Education, and Recreation**  
Supervised experience in area health, fitness, and rehabilitation programs. Limited to junior or senior departmental majors. Graded S/U. *Fall, Spring*

**PETH459** Alt (3)  
**Secondary Methods in Teaching Physical Education**  
The application of teaching principles and strategies as they apply to Secondary Physical Education. Should be taken the senior year. *Spring* (even years).

**PETH460** Alt (1)  
**Organization and Administration of Physical Education**  
Techniques and methods of administration and organization of a physical education department. Areas include facility management, supervision of workers, budgeting, intramural organization, public relations, and legal issues. Should be taken the senior year. *Spring* (even years)

**PETH470** Alt (1)  
**Seminar in Physical Education and Health**  
Explores current issues relevant to physical education and health, by presentations, readings, and projects. Prerequisites: PETH306,370,374. *Fall* (even years)

**PETH495** (1-4)  
**Independent Study/Reading/Research/Project**  
**Independent Study:** Directed study in an area of interest resulting in a formal term paper.  
**Independent Readings:** Weekly meetings with the instructor for individual assignments and reports.  
**Independent Research:** Design and execution of an experiment or causal-comparative research.  
**Independent Project:** Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. *Fall, Spring*