

FDNT556 <i>Advanced Human Nutrition II</i> Functions and nutritional metabolism and interactions of fat-soluble and water-soluble vitamins, minerals, and trace minerals. Public health applications. Prerequisite: A course in biochemistry. <i>Spring</i>	(3)
FDNT565 <i>Current Issues in Nutrition</i> Current issues in food safety, nutrition, and public health. Nutritional factors associated with the major chronic diseases of Western society. Prerequisite: FDNT 230. <i>Spring</i>	(2)
FDNT570 <i>Maternal and Child Health</i> 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.	(3)
FDNT585 <i>Topics in _____</i> Selected topics in the areas of nutrition. Repeatable to 6 credits.	(2-4)
FDNT586 <i>Professional Experience</i> 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 semester can be taken. Repeatable to 8 credits.	(1-4)
FDNT594 <i>Dietetic Internship</i> The internship is equivalent to a full-time load. It involves 35-40 hours per week of supervised practice. Open only to students seeking registration eligibility with the Commission on Dietetic Registration of the American Dietetic Association. <i>Fall, Spring</i>	\$ (0, 4)
FDNT600 <i>Research Design</i> Criteria for the organization, analysis, and reporting of research in Nutrition. Preparation of a proposal for a master's thesis or project. Prerequisite: FDNT498 or equivalent. <i>Spring</i>	(1)
FDNT648 <i>Workshop</i>	(1-4)
FDNT680 <i>Research Seminar</i> Individual reports and discussion of recent research data. Repeatable to 4 credits. Consent of instructor required.	(1-4)
FDNT690 <i>Independent Study</i> Individual study and/or research. Consent of instructor required. Repeatable to 6 credits.	(1-6)
FDNT698 <i>Research Project</i>	(3)
FDNT699 <i>Master's Thesis</i> Repeatable to 6 credits.	(3-6)

PHYSICAL EDUCATION, HEALTH, AND RECREATION

Johnson Gymnasium
(269) 471-3253
physical-ed@andrews.edu

Faculty

Lydia I. Chong, *Chair*
Paul K. Chong
Greggory Morrow
John R. Pangman

The mission of the Physical Education Department is to facilitate the development of healthy lifestyle choices so that our students will recognize and understand the importance of developing strong physical, mental, and spiritual qualities that will enhance their personal relationships with God and that will be reflected in personal and professional success.

In short...we help people make healthy choices.

GOALS:

1. To aid individuals in developing Christlike attitudes and conduct in sports and recreational activities.
2. To provide a variety of physical activities designed to meet the needs and desires of a diverse student population.
3. To promote opportunities for cooperative teamwork and competitive interaction through the intramurals sports program.
4. To promote the development of physical fitness.
5. To encourage positive health choices.
6. To develop interest and skills in lifetime leisure activities.
7. To develop better spectators through instruction in sports activities and ethics.

ACTIVITY COURSES

Each class includes a fitness component as well as skills instruction.

Each student is required to classify himself/herself and select a class of the proper competency level. Should a mistake be made in classification, the student must move into a class more in keeping with his/her ability, even though it may necessitate a schedule change.

Courses

(Credits)

See inside front cover for symbol code.

ACTIVITY

PEAC106

\$ (1)

Beginning Basketball

Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, basic rules, offensive strategy, basic rules, and team play.

<p>PEAC107 \$ (1) Beginning Volleyball Instruction in the basic skills of serving, setting, passing, and spiking, and the basic instruction on rules, and 2, 3, 4, and 6 person team play.</p>	<p>PEAC150 \$ (1) Swimming Designed for multilevel instruction. Three basic levels are incorporated into the class based on a swimming pretest: beginners, intermediate, and advanced. No swimming ability necessary. Repeatable.</p>
<p>PEAC109 \$ (1) Beginning Softball Instruction in the fundamental skills of throwing, catching, base-running, batting, and fielding of ground and fly balls. Position play, game situation drills, scrimmages, and rules are covered. Student must supply own glove. <i>Spring</i></p>	<p>PEAC206 \$ (1) Intermediate Basketball Analysis of and drills in fundamental skills, offensive and defensive strategies. Emphasis is given to team play.</p>
<p>PEAC116 \$ (1) Weight Control and Conditioning Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight.</p>	<p>PEAC207 \$ (1) Intermediate Volleyball Instruction in advanced team play, offensive and defensive strategies. Game scrimmages will help to perfect fundamental skills.</p>
<p>PEAC118 \$ (1) Beginning Badminton Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations.</p>	<p>PEAC209 \$ (1) Intermediate Softball Instruction in team play, cutoffs, relays, and offensive and defensive strategies. Game scrimmages use the pitching machine. Students supply own glove.</p>
<p>PEAC119 \$ (1) Beginning Tennis Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. <i>Spring</i></p>	<p>PEAC210 \$ (1) Personal Fitness Plan A study of basic-fitness concepts and principles in conjunction with a personalized <u>year-long exercise program</u> for disease prevention and health maintenance. Short readings are required weekly. Students must register in the Fall semester and will receive a grade for this class at the end of Spring semester. <i>Fall</i></p>
<p>PEAC120 \$ (1) Scuba An entry level course in scuba diving. Includes instruction in the buddy system, dive planning, donning and removing equipment in the water, alternate air sources, buddy breathing, entries, communication, and navigation. Swimming pretest required. YMCA certification. Additional fees apply. <i>Spring</i></p>	<p>PEAC214 \$ (1) Weight Training and Conditioning Instruction in body development and coordination activities for men; weight lifting and individual calisthenic program; and body development and shaping for women.</p>
<p>PEAC125 \$ (1) Canoeing Emphasis on precise canoe handling through paddle control. Based on traditional strokes. Practice conducted on local lakes and rivers. One all-day canoe trip or two half-day canoe trips are required. <i>Fall</i></p>	<p>PEAC215 \$ (1) Beginning Acrobatics Learning and performance of the fundamental skills of tumbling and balancing.</p>
<p>PEAC128 \$ (1) Beginning Golf Study of the basic techniques of the golf swing. An introduction to the game, rules, and etiquette of golf. Students must supply their own equipment. Additional lab fees required. <i>Spring</i></p>	<p>PEAC228 \$ (1) Intermediate Golf Analysis of golf swing and techniques of improving the short game. Emphasis on refining the golf swing. Students supply their own equipment. Additional lab fees required. <i>Spring</i></p>
<p>PEAC129 \$ (1) Beginning Racquetball Introduction to basic strokes, singles and doubles play, strategy, and rule interpretations. Student must supply own racquet, balls, and eye guards.</p>	<p>PEAC229 \$ (1) Intermediate Racquetball Perfection of fundamental skills and strategy.</p>
<p>PEAC130 \$ (1) Special Activities Special areas beyond normally offered courses: cycling, diving, fitness games, fitness swimming. Repeatable in different areas. Consult the current class schedule for activities offered each year.</p>	<p>PEAC240 \$ (1) Gymnics The student will be a part of a demonstration acrobatic team that will perform for various audiences both spiritual and secular in nature. Students will learn to perform various acrobatics, increase their physical fitness level and learn teamwork. Students will develop tolerance both for others and for themselves as they become a part of the team and will have an opportunity to share what God has done and what He is ready to do again in their lives. Class meets four nights a week for 1½ hours throughout the Fall and Spring semester of the school year. Registration for this class is contingent upon being selected for the team following try-outs. Students must register in the Fall semester and will receive a grade for this class at the end of Spring semester.</p>
<p>PEAC144 \$ (1) Beginning Floor Hockey Introduction to the game, including team composition, rules, and fundamental skills.</p>	

- PEAC244** \$ (1)
Intermediate Floor Hockey
Analysis of and drills in fundamental skills, position play, and team strategies. Emphasis given to team play.
- PEAC245** \$ (1)
Outdoor Skills Seminar:
A six-day experience (Sunday–Friday) beyond the normally offered activity courses: Canoeing, Off-road Biking, Road Biking. Repeatable in different areas. Instructor's permission required. Consult the current class schedule for activities offered each year. *Summer Intensive.*
- PEAC255** \$ (1)
Intermediate Acrobatics
Learning, performance, and exploration of tumbling and balancing. With emphasis on conceptual creativity, choreography, and program management. Instruction on spotting techniques, teaching theories, progression and safety will be given.
- PEAC266** (1)
Officiating
Practical field experience in officiating. Rules, officiating mechanics, and signals, learned and practiced. MHSAA certification available. Certified officials have opportunities to earn up to \$50.00 a game for officiating elementary school, middle school, and high school athletic contests. Prerequisite: Previous knowledge of the game and/or experience playing the game.
- PEAC275** \$ (1)
Outdoor Trips-N-Treks
One to two week trips beyond the normally offered activity courses: Biking, Backpacking, Canoeing. Repeatable in different areas. Instructor's permission required. Consult the current class schedule for activities offered each year. *Summer Intensive*
- PEAC300** (1)
Lifeguarding
Instruction in accident prevention, aquatic facility supervision, and water-rescue techniques. Successful completion results in American Red Cross Lifeguard Training certification. Current first aid and CPR certification included. Prerequisite: Ability to swim 500 yards in 10 minutes or less. *Fall*
- PEAC330** \$ (1)
Wilderness Living
Instruction in camping and survival techniques, open fire cooking, orienteering, backpacking, wilderness first aid, edible wild plants, and tracking. Students supply their own equipment. One weekend trip required.
- PEAC350** (1)
Water Safety Instructor
Instruction in techniques for teaching American Red Cross swimming courses. Current CPR certification required. Swimming pretest required. *Spring*
- PEAC389** (1)
WSI Internship
Students who have a current American Red Cross Water Safety Instructor's Certification or equivalent can take advantage of this opportunity. Participants will teach and organize a class of students for the Learn-To-Swim program. Teachers will be expected to provide lesson plans and teach all the required lessons. *Fall, Spring, S/U.*

THEORY

- HLED120** \$ (1)
Fit and Well
A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management, stress, cardiovascular disease, cancer, addictions, and injury prevention. Practical tools will be given to help students take charge of their wellness related behaviors and adopt healthier lifestyles.
- PETH335** (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.
- PETH360** (5)
Physiology of Exercise
Theoretical study of the body's physiological response to exercise and its practical application. Prerequisites: BIOL111, 112, 113, or equivalent. Weekly: 4 lectures and 1 lab. *Fall*
- 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*