

Bachelor of Science in Physical Education

The core of the Bachelor of Science in Physical Education degree emphasizes the broad fundamental principles of physical education, including scientific foundations, psychological and cultural aspects, assessment and testing methods, trends, and leadership development in a variety of physical activities. Students may choose to pursue study in one of two emphasis areas within the degree: Health and Fitness Leadership or Outdoor Leadership and Administration.

The Health and Fitness Leadership and the Outdoor Leadership and Administration emphases prepare students for professional positions in rapidly growing fields. Each emphasis focuses on developing leadership expertise as well as the knowledge, physical skills and technical competencies to prepare graduates for the job market. The Health and Fitness Leadership emphasis readies students for employment in hospital-based health education and fitness programs, community or public health/fitness programs, private health clubs and fitness facilities, corporate fitness/wellness programs, military fitness centers, as personal trainers, or helps them prepare for further education in physical therapy or physical education teacher preparedness. The Outdoor Leadership and Administration emphasis readies graduates for employment with youth or recreational programs, adventure tourism, guide services, camps, schools, or a host of experiential education opportunities.

Admission Requirements

- Satisfy the Application and Admission Requirements for Baccalaureate Programs (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/admissions/undergraduate>).
- Completion of BIOL A111 and PEP A181 with a grade of C or better.
- Meet with a Health, Physical Education and Recreation advisor regarding program requirements and development of a program of study.
- The degree requires computer competency which may be demonstrated by:
 - successful completion of an approved university computer course,
 - work-related experience requiring computer competency as approved by faculty or major advisor, or
 - demonstrated computer competency as approved by faculty or major advisor.

Advising

All students are encouraged to meet with their academic advisor each semester for the purpose of reviewing their academic progress and planning future courses. It is particularly important for students to meet with their advisor whenever difficulties arise.

See a Health, Physical Education and Recreation advisor for information on a recommended course sequence.

Academic Requirements

A grade of C or higher in all PEP courses and an overall GPA of 2.75 is required. A grade of B or better is required in the internship (PEP A495).

Graduation Requirements

- Satisfy the General University Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements>).
- Complete the General Education Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/gers>).
- Complete the major requirements listed below.

Major Requirements

| Code | Title | Credits |
|--|---|---------|
| Required Support Courses * | | |
| BIOL A111 | Human Anatomy and Physiology I | 4 |
| BIOL A112 | Human Anatomy and Physiology II | 4 |
| DN A203 or DN A215 | Nutrition for Health Sciences Sports Nutrition | 3 |
| HS A220 | Core Concepts in the Health Sciences | 3 |
| PSY A111 or PSY A150 | Introduction to Psychology Lifespan Development | 3 |
| Core Courses | | |
| PEP A181 | Introduction to Health, Physical Education and Recreation | 3 |
| PEP A182 | Technology in Health, Physical Education and Recreation | 1 |
| PEP A183 | Wellness Principles | 1 |
| PEP A184 | Fundamental Motor Skills | 1 |
| PEP A280 | Leadership in Health, Physical Education and Recreation | 3 |
| PEP A281 | Leadership in Activities for Diverse Populations | 2 |
| PEP A282 | Leadership in Initiative Activities | 2 |
| PEP A284 | Leadership in Fitness Activities | 2 |
| PEP A382 | Kinesiology and Biomechanics | 4 |
| PEP A383 | Movement Theory and Motor Development | 3 |
| PEP A384 | Cultural and Psychological Aspects of Health and Physical Activity | 3 |
| PEP A385 | Physiology of Exercise | 4 |
| PEP A486 | Standards and Assessment in Health, Physical Education, and Recreation | 3 |
| PEP A487 | Administration and Supervision in Health, Physical Education and Recreation | 3 |
| Complete two courses from the following: | | 4 |

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|---------------|--|----|
| PEP A285 | Leadership in Team Activities | |
| PEP A286 | Leadership in Individual and Dual Activities | |
| PEP A287 | Leadership in Outdoor Recreation Activities | |
| PEP A288 | Leadership in Rhythmic Activities | |
| Total Credits | | 56 |

* Some of the courses may be used to satisfy the General Education Requirements.

Complete one of the following concentration areas: Health and Fitness Leadership or Outdoor Leadership and Administration.

Health and Fitness Leadership Concentration

| Code | Title | Credits |
|--------------------------------------|--|---------|
| BA A151 | Business Foundations | 3 |
| PEP A251 | Prevention and Care of Activity-Related Injuries | 3 |
| PEP A454 | Exercise Testing and Prescription | 4 |
| PEP A455 | Cardiac Rehabilitation and Special Populations | 4 |
| PEP A456 | Contemporary Personal Health Issues | 3 |
| PEP A495 | Internship | 6 |
| Choose one of the following options: | | 20 |

Exercise Management Option

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|-------------|--|--|
| BA A231 | Fundamentals of Supervision | |
| BA A260 | Marketing Practices | |
| HS/NS A433 | Health Education: Theory and Practice | |
| or PEP A490 | Selected Topics in Health, Physical Education and Recreation | |
| PEP A453 | Health Promotion | |
| Electives | | |

Exercise and Rehabilitation Sciences Option

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|----------|-------------------------------------|--|
| PEP A346 | Lower Body Injury Assessment Skills | |
| PEP A347 | Upper Body Injury Assessment Skills | |

Science and Rehabilitation Core: Complete courses from at least two of the following prefixes in consultation with the faculty advisor: BIOL, CHEM, DN, PEP, PHYS, PSY

Total Credits 43

Outdoor Leadership and Administration Concentration

| Code | Title | Credits |
|----------|--|---------|
| BA A151 | Business Foundations | 3 |
| PEP A262 | Foundations of Outdoor Recreation | 3 |
| PEP A264 | Recreation Program Planning and Evaluation | 3 |

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|---|--|----|
| PEP A363 | Natural History Interpretation and Environmental Education | 3 |
| PEP A365 | Outdoor Leadership Theory and Practice | 3 |
| PEP A464 | Outdoor Recreation Administration | 3 |
| PEP A467C | Land-Based Outdoor Leadership | 2 |
| PEP A467D | Water-Based Outdoor Leadership | 2 |
| PEP A495 | Internship | 6 |
| PER A169 | Four-Season Backpacking | 3 |
| PHIL A303 | Environmental Ethics | 3 |
| Electives | | 3 |
| Choose a minimum of 6 credits from the following: | | 6 |
| PER A146 | Beginning Rock Climbing | |
| PER A147 | Beginning Ice Climbing | |
| PER A148 | Beginning Indoor Sport Climbing | |
| PER A150 | Water Safety and Rescue | |
| PER A151 | Beginning Canoeing | |
| PER A152 | Beginning River Rafting | |
| PER A153 | Beginning Sea Kayaking | |
| PER A164 | Skiing Alaska's Backcountry | |
| PER A165 | Avalanche Hazard Recognition and Evaluation | |
| PER A181 | Crevasse Rescue Techniques | |
| PER A252 | Intermediate River Rafting | |
| PER A253 | Intermediate Sea Kayaking | |
| Total Credits | | 43 |

Students who choose this concentration must also possess a current Wilderness First Responder Certification from a recognized institution at the time of completion.

A minimum of 120 credits is required for the degree, of which 42 credits must be upper division.

Honors in Physical Education

Students majoring in physical education are eligible to graduate with departmental honors by satisfying the following requirements:

1. Meet the requirements for Graduating with Honors (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/academicstandardsregulations/graduation>).
2. Meet the requirements for a BS in Physical Education.
3. Earn an overall GPA of 3.50 or higher.
4. Complete the BSPE research PEP A490 with a grade of A.

Students should notify their faculty advisor, in writing, of their intention to graduate with honors before submission of the Application for Graduation.

Program Student Learning Outcomes

Graduates of the Bachelor of Science in Physical Education will have demonstrated:

- Knowledge of physical education concepts as well as concepts related to a specific area of emphasis.
- Competency in many activity forms and proficiency in a few.
- Ability to apply established national standards in the field(s).
- Proficiency in entry-level discipline specific administrative skills.
- Proficiency in general and discipline-specific technologies.
- Effective leadership skills, including the abilities to:
 - evaluate and direct/re-direct skillful movement,
 - lead a variety of activities,
 - use appropriate motivational strategies,
 - employ appropriate safety and prevention techniques,
 - exercise sound judgment and good decision-making skills, and
 - communicate effectively.