

EDUC F-PHYSICAL EDUCATION (EDF)

EDF 270 Physical Activity and Health 2 to 3 Credit Hours

Discussion of topics related to attaining a healthy lifestyle including nutrition, stress management techniques, physical training programs, cardiovascular disease, risk factors and other health-related topics.

EDF 450 Health, Nutrition and Physical Activity for Children and Families 3 Credit Hours

Instruction and participation in health, nutrition and physical education concepts and principles as they relate to elementary school curriculum. The six-dimensional model of wellness will be applied to meet legislative goals and objectives for the various grade levels. Required for elementary education majors.

Restriction(s):

Can enroll if Class is Undergrad Certification only or Post-baccalaureate Cert only or Sophomore or Junior or Senior

EDF 455 Principles of Coaching 2 Credit Hours

Instruction in the basic principles and psychology of coaching all age groups, skill levels and genders. Emphasis will be placed on many factors which relate to success in athletic/sports, the qualities and qualifications of coaches, and the administration of programs and organized practices. For graduate credit, elect EDF 555. (OC).

Restriction(s):

Can enroll if Class is Undergrad Certification only or Post-baccalaureate Cert only or Junior or Senior

*An asterisk denotes that a course may be taken concurrently.

Frequency of Offering

The following abbreviations are used to denote the frequency of offering: (F) fall term; (W) winter term; (S) summer term; (F, W) fall and winter terms; (YR) once a year; (AY) alternating years; (OC) offered occasionally