**Health, Physical Education and Recreation**

**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION**

**Albany State**

The curriculum of the Health, Physical Education, and Recreation (HPER) department is designed to meet and exceed state and national ac- creditation standards and to prepare students for their professional field of choice. At Albany State University, the HPER department offers two Bachelor of Science degrees: Bachelor of Science degree in Health and Physical Education-Teacher Education certification and a Bachelor of Science degree in Health, Physical Education, and Recreation. All students seeking initial Level-4 certification for the Bache- lor of Science in Health and Physical Education (teaching) must apply for admission to Teacher Education and must meet all requirements set forth by the College of Education. (*Please refer to the appropriate section in Teacher Education*.) In addition, an endorsement in driver education is also offered.

**Arts & Humanities**

The mission of the HPER department is to equip students and stake-holders with the skills and ability needed to enhance the health and welfare of society through the acquisition of knowledge, the significance of discovery, and the value of communication that leads to perpet- ual participation in physical and recreational behaviors. As an academic unit focusing on a multi-disciplinary approach to the study of health and human performance, the intent of the HPER department is to inspire a passion for continuous learning, to endorse healthy be- haviors, and to indoctrinate our students to become leaders and valued members of society. The vision of the HPER department is to be ac- claimed for distinction in academic instruction, innovative in scholarship, and renowned for highly prepared graduates.

**Business**

**BACHELOR OF SCIENCE DEGREE IN HEALTH AND PHYSICAL EDUCATION (TEACHING)**

**Course Title Credit Hours**

**AREA A: ESSENTIAL SKILLS (9 hours)**

**Education**

|  |  |  |  |
| --- | --- | --- | --- |
| ENGL | 1101 | English Composition I or | 3 |
| HONR | 1111 | Honors Humanities I (H) | 3 |
| ENGL | 1102 | English Composition II or | 3 |
| HONR | 1112 | Honors Humanities II (H) | 3 |
| Select One, as required | | | |
| MATH | 1101 | Math Modeling | 3 |
| MATH | 1111 | College Algebra | 3 |
| MATH | 1113 | Pre-Calculus | 3 |
| MATH | 1211 | Calculus I | 4 |

**AREA B: INSTITUTIONAL OPTIONS (5 hours)**

**Sciences &**

**Health**

**Professions**

|  |  |  |  |
| --- | --- | --- | --- |
| COMM | 1100 | Public Speaking | 3 |
| HIST | 1002 | Intro to African Diaspora(s) | 2 |

**AREA C: HUMANITIES/FINE ARTS (6 hours)**

**Graduate**

**School**

|  |  |  |  |
| --- | --- | --- | --- |
| ENGL | 2111 | World Literature I or | 3 |
| HONR | 2111 | Honors Humanities III (H) | 3 |
| Select One |  |  |  |
| ARAP | 1100 | Art Appreciation | 3 |
| ENGL | 2112 | World Literature II | 3 |
| MUSC | 1100 | Music Appreciation | 3 |
| FREN | 2201 | Intermediate French | 3 |
| GERM | 2221 | Intermediate German | 3 |
| SPAN | 2231 | Intermediate Spanish | 3 |
| FIAR | 1100 | Introduction to Fine Arts | 3 |
| HONR | 2112 | Honors Humanities IV (H) | 3 |

**132**

**Personnel &**

**Index**

**AREA D: SCIENCE, MATH & TECH (10-11 hours)**

Option I: Non-Science Majors (Select 2)

**Course**

**Descriptions**

BIOL 1111K Intro to Biological Science 4

BIOL 1112K Intro to Biological Science 4

BIOL 1114K Survey of Biotechnology 3

BIOL 1115K Intro to Environmental Biology 3

CHEM 1151K Survey of Chemistry I 4

CHEM 1152K Survey of Chemistry II 4

PHYS 1001K Physical Science I 4

PHYS 1002K Physical Science II 4

PHYS 1020K Survey of Modern Science & Tech 3

2008-2012 Undergraduate Catalog

**Health, Physical Education and Recreation**

Select one:

**Albany State**

CSCI 1003 Intro to Technology 2

CSCI 1101 Intro to Computers 3

MATH 1113 Pre-Calculus 3

MATH 1201 Survey of Calculus 3

MATH 2411 Basic Statistics 3

PHY 2100 Computer Applications 3

**Arts & Humanities**

SSCI 2402 Microcomputers in Soc Sciences 3

**Business**

**Option II- Science Majors (Select 2)**

|  |  |  |  |
| --- | --- | --- | --- |
| CHEM | 1211K | General Chemistry I | 4 |
| CHEM | 1212K | General Chemistry II | 4 |
| PHYS | 1111K | Introductory Science I | 4 |
| PHYS | 1112K | Introductory Science II | 4 |
| PHYS | 2221K | Principles of Physics I | 3 |
| PHYS | 2222K | Principles of Physics II | 3 |
| Select one: |  |  |  |
| MATH | 1113 | Pre-Calculus | 3 |
| MATH | 1211 | Calculus I | 4 |
| MATH | 2411 | Calculus II | 4 |
| PHY | 2100 | Computer Applications | 3 |

\*\*\*\* REGENTS’ TEST passage of Reading and Essay

\*\*\*\*\* GACE I and II passage

Regents’ Test Remediation Courses

|  |  |  |
| --- | --- | --- |
| ENG | 0075 | Writing Practicum (I) |
| ENG | 0077 | Basic Reading Skills (I) |

**AREA E: SOCIAL SCIENCE (12 hours)**

**Education**

POLS 1101 U.S. & Georgia Govt. or 3

HONR 1161 Honors American Govt. 3 (Optional for Honors Student Only)

**Sciences &**

**Health**

**Professions**

**Graduate**

**School**

**ELECTIVES select at least one HISTORY**

|  |  |  |  |
| --- | --- | --- | --- |
| ECON | 2105 | Macroeconomics | 3 |
| ECON | 2106 | Microeconomics | 3 |
| ECON | 2201 | Survey of Economics for Soc Sci | 3 |
| GEOG | 1101 | Intro to Human Geography | 3 |
| HIST | 1111 | Survey of World History I | 3 |
| HIST | 1112 | Survey of World History II | 3 |
| HIST | 2111 | Survey of American History I | 3 |
| HIST | 2112 | Survey of American History II | 3 |
| HIST | 2113 | Minorities in America | 3 |
| HONR | 1151 | Honors World History I | 3 |
| HONR | 1152 | Honors World History II | 3 |
| PHIL | 2101 | Intro to Philosophy | 3 |
| POLS | 2101 | Intro to Political Science | 3 |
| POLS | 2102 | Intro to Law | 3 |
| PSYC | 1101 | General Psychology | 3 |
| SOCI | 2011 | Principles of Sociology | 3 |
| SOCI | 2031 | Introduction to Anthropology | 3 |

**ABOVE THE CORE:**

ASU 1200 Freshmen Seminar & Service to Leadership 3

**Course**

**Descriptions**

PHYSICAL ACTIVITY SKILLS COURSES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| PEDH | 1001 | Team Sports |  | 1 |
| PEDH | 1002 | Fitness |  | 1 |
| PEDH | 1003 | Recreational Skills I |  | 1 |
| PEDH | 1004 | Recreational Skills II |  | 1 |
| PEDH | 1005 | Lifetime Skills I |  | 1 |
| PEDH | 1006 | Lifetime Skills II |  | 1 |
| PEDH | 1008 | Progressive Resistance | 2008-2012 Undergraduate Catalog | 1 |

**Personnel &**

**Index**

**133**

**Health, Physical Education and Recreation**

|  |  |  |  |
| --- | --- | --- | --- |
| PEDH | 1010 | Yoga | 1 |
| PEDH | 2010 | Intermediate Yoga | 1 |
| PEDH | 2221 | Intermediate Tennis | 1 |

Note: Student can choose from any one hour activity course in the catalog.

**Arts & Humanities**

**Albany State**

|  |  |  |  |
| --- | --- | --- | --- |
| **Area F** |  | | |
| EDUC | 2110 | Invst Crit/Contemp Issues in Edu | 3 |
| EDUC | 2120 | Explore Soci/Cul Perspec Div in Edu Cnt | 3 |
| \*\*PEDH | 1007 | Aquatics | 1 |
| EDUC | 2130 | Exploring Teaching & Learning | 3 |
| BIOL | 2411 | Anatomy & Physiology I | 4 |
| BIOL | 2412 | Anatomy & Physiology II | 4 |
| Subtotal | 18 |  |  |

*\*Guided Physical Education activity courses.*

*\*\*Required*

**Business**

|  |  |  |  |
| --- | --- | --- | --- |
| PEDH | 3384 | Adapted Physical Education & Diversity in the Classroom | 3 |
| PEDH | 3394 | Psychology of Coaching | 3 |
| PEDH | 4460 | Kinesiology | 3 |
| PEDH | 4470 | Physiology of Exercise | 3 |
| PEDH | 2213 | Intro to HPER | 3 |
| PEDH | 4482 | Tests and Measurements | 3 |
| **Subtotal** |  |  | **18** |

**Health Education Courses**

**Education**

|  |  |  |  |
| --- | --- | --- | --- |
| HEDP | 1001 | Intro to Wellness | 1 |
| HEDP | 2250 | Drug Education | 2 |
| HEDP | 2267 | First Aid and Safety | 2 |
| HEDP | 4490 | Contemporary/Current Issues Health | 3 |
| **Total** |  |  | **8** |

Education Courses

**Sciences &**

**Health**

**Professions**

|  |  |  |  |
| --- | --- | --- | --- |
| EDUC | 3210 | Integrating/Applying Tech | 3 |
| EDUC | 3306 | Educational Psychology | 3 |
| EDUC | 3350 | Public School Health | 3 |
| ECEC | 3352 | Health & Physical Education for Young Children | 3 |
| EDUC | 3363 | Methods & Materials Secondary PE | 3 |
| EDUC | 4400 | Prep for Teaching | 2 |
| EDUC | 4412 | Student Teaching | 12 |
| SPED | 3230 | Cont Perspec Except Students | 3 |
| **Subtotal** |  |  | **32** |

**\*\*\*Beginning School Experience must be met prior to Student Teaching**

**Total required for graduation 125**

**Course**

**Descriptions**

**Graduate**

**School**

**134**

**Personnel &**

**Index**

2008-2012 Undergraduate Catalog

**Health, Physical Education and Recreation**

**BACHELOR OF SCIENCE DEGREE IN HEALTH, PHYSICAL EDUCATION AND RECREATION**

**120 semester hours**

**Course Title Credit Hours**

**Albany State**

**AREA A: ESSENTIAL SKILLS (9 hours)**

ENGL 1101 English Composition I or 3

**Arts & Humanities**

HONR 1111 Honors Humanities I (H) 3

ENGL 1102 English Composition II or 3

HONR 1112 Honors Humanities II (H) 3

Select one, as required:

MATH 1101 Math Modeling 3

MATH 1111 College Algebra 3

MATH 1113 Pre-Calculus 3

MATH 1211 Calculus I 4

**AREA B: INSTITUTIONAL OPTIONS (5 hours)**

**Business**

COMM 1100 Public Speaking 3

HIST 1002 Intro to African Diaspora(s) 2

**AREA C: HUMANITIES/FINE ARTS (6 hours)**

ENGL 2111 World Literature I or 3

HONR 2111 Honors Humanities III (H) 3

Select one:

ARAP 1100 Art Appreciation 3

**Education**

ENGL 2112 World Literature II 3

MUSC 1100 Music Appreciation 3

FREN 2201 Intermediate French 3

GERM 2221 Intermediate German 3

SPAN 2231 Intermediate Spanish 3

FIAR 1100 Introduction to Fine Arts 3

HONR 2112 Honors Humanities IV (H) 3

**AREA D: SCIENCE, MATH & TECH (10-11 hours)**

Option I: Non-Science Majors (Select 2)

BIOL 1111K Intro to Biological Science 4

BIOL 1112K Intro to Biological Science 4

BIOL 1114K Survey of Biotechnology 3

**Sciences &**

**Health**

**Professions**

BIOL 1115K Intro to Environmental Biology 3

CHEM 1151K Survey of Chemistry I 4

CHEM 1152K Survey of Chemistry II 4

PHYS 1001K Physical Science I 4

**Graduate**

**School**

PHYS 1002K Physical Science II 4

PHYS 1020K Survey of Modern Science & Tech 3

Select one:

CSCI 1003 Intro to Technology 2

CSCI 1101 Intro to Computers 3

MATH 1113 Pre-Calculus 3

MATH 1201 Survey of Calculus 3

MATH 2411 Basic Statistics 3

**Course**

**Descriptions**

PHY 2100 Computer Applications 3

SSCI 2402 Microcomputers in Soc Sciences 3

**Option II- Science Majors (Select 2)**

CHEM 1211K General Chemistry I 4

CHEM 1212K General Chemistry II 4

PHYS 1111K Introductory Science I 4

PHYS 1112K Introductory Science II 4

**Personnel &**

**Index**

PHYS 2221K Principles of Physics I 3

PHYS 2222K Principles of Physics II 3

2008-2012 Undergraduate Catalog

**135**

**Health, Physical Education and Recreation**

**Albany State**

|  |  |  |  |
| --- | --- | --- | --- |
| Select one: |  | | |
| MATH | 1113 | Pre-Calculus | 3 |
| MATH | 1211 | Calculus I | 4 |
| MATH | 2411 | Calculus II | 4 |
| PHY | 2100 | Computer Applications | 3 |

\*\*\*\* REGENTS’ TEST passage of Reading and Essay

\*\*\*\*\* GACE I passage

Regents’ Test Remediation Courses

|  |  |  |
| --- | --- | --- |
| ENG | 0075 | Writing Practicum (I) |
| ENG | 0077 | Basic Reading Skills (I) |

**AREA E: SOCIAL SCIENCE (12 hours)**

**Arts & Humanities**

POLS 1101 U.S. & Georgia Govt. or 3

HONR 1161 Honors American Govt. 3 (Optional for Honors students only)

**Business**

**ELECTIVES, select at least one HISTORY:**

**Education**

|  |  |  |  |
| --- | --- | --- | --- |
| ECON | 2105 | Macroeconomics | 3 |
| ECON | 2106 | Microeconomics | 3 |
| ECON | 2201 | Survey of Economics for Soc Sci | 3 |
| GEOG | 1101 | Intro to Human Geography | 3 |
| HIST | 1111 | Survey of World History I | 3 |
| HIST | 1112 | Survey of World History II | 3 |
| HIST | 2111 | Survey of American History I | 3 |
| HIST | 2112 | Survey of American History II | 3 |
| HIST | 2113 | Minorities in America | 3 |
| HONR | 1151 | Honors World History I | 3 |
| HONR | 1152 | Honors World History II | 3 |
| PHIL | 2101 | Intro to Philosophy | 3 |
| POLS | 2101 | Intro to Political Science | 3 |
| POLS | 2102 | Intro to Law | 3 |
| PSYC | 1101 | General Psychology | 3 |
| SOCI | 2011 | Principles of Sociology | 3 |
| SOCI | 2031 | Introduction to Anthropology | 3 |

**ABOVE THE CORE:**

**Sciences &**

**Health**

**Professions**

ASU 1200 Freshmen Seminar & Service to Leadership 3

PHYSICAL ACTIVITY SKILLS COURSES

PEDH 1001 Team Sports 1

**Graduate**

**School**

PEDH 1002 Fitness 1

PEDH 1003 Recreational Skills I 1

PEDH 1004 Recreational Skills II 1

PEDH 1005 Lifetime Skills I 1

PEDH 1006 Lifetime Skills II 1

PEDH 1008 Progressive Resist 1

PEDH 1010 Yoga 1

**Course**

**Descriptions**

PEDH 2010 Intermediate Yoga 1

PEDH 2221 Intermediate Tennis 1

**Area F**

EDUC 2110 Invst Crit/Contemp Issues in Edu 3

EDUC 2120 Explore Soci/Cul Perspec Div in Edu Cnt 3

EDUC 2130 Exploring Teaching & Learning 3

BIOL 2411K Anatomy & Physiology I 4

BIOL 2412K Anatomy & Physiology II 4

PEDH 1007 Aquatics 1

**Subtotal 18**

\*A change in course is pending

**136**

**Personnel &**

**Index**

2008-2012 Undergraduate Catalog

**Health, Physical Education and Recreation**

**Sciences &**

**Health**

**Professions**

**Graduate**

**School**

**Course**

**Descriptions**

**Personnel &Index**

**Albany State**

**Business**

**Arts & Humanities**

**Education**

**Major Requirements**

**Physical Education Theory Courses**

PEDH 1000-2000\* Skills Courses 7

PEDH\* 3384 Adapted Phys Ed & Diversity in the Classroom 3

PEDH 3394 Psychology of Coaching 3

PEDH 4460 Kinesiology 3

PEDH 4470 Physiology of Exercise 3

PEDH 4482 Tests & Measurements 3

PEDH 2213 Intro to HPER 3

**Total 25**

**Education**

\*Guided Physical Education activity courses.

**Courses Above the Core:**

|  |  |  |  |
| --- | --- | --- | --- |
| ASU | 1200 | Freshman Seminar & Service to Leadership | 3 |
| **Subtotal** |  |  | **3** |

**Health Education**

|  |  |  |  |
| --- | --- | --- | --- |
| HEDP | 1001 | Intro to Wellness | 1 |
| HEDP | 2250 | Drug Education | 2 |
| HEDP | 2267 | First Aid and Safety Education | 2 |
| HEDP | 3350 | Public School Health | 3 |
| HEDP | 4490 | Contemporary/Current Issues in Health | 3 |
| **Subtotal** |  |  | **13** |

**Recreation Courses**

|  |  |  |  |
| --- | --- | --- | --- |
| RECD | 2075 | Outdoor Recreation | 3 |
| RECD | 3045 | Rec Facility/Equip Design | 3 |
| RECD | 4002 | Rec for Spc Pop | 3 |
| RECD | 4090 | Adm Supervision of Recreation | 3 |
| RECD | 4095 | Recreation Practicum | 3 |
| **Subtotal** |  |  | **15** |
| **Electives** |  |  | **5** |
| PEDH | 2214 | Games of Low Organization | 2 |
| PEDH | 2272 | Fund Coaching Football/Soccer | 2 |
| PEDH | 2276 | Fund Coaching Basketball/Volleyball | 3 |

**Total required for graduation 120**

**ENDORSEMENT IN DRIVER EDUCATION**

Candidates holding initial or higher certification are eligible for an endorsement in driver education by Georgia Professional Standards

Commission.

|  |  |  |  |
| --- | --- | --- | --- |
| DEDP | 4468 | Driver and Traffic Safety Education | 3 |
| DEDP | 4469 | Teaching of Driver Safety | 3 |
| DEDP | 4470 | Multiple Car Facility | 3 |

2008-2012 Undergraduate Catalog

**Personnel &Index**

**Sciences &**

**Health**

**Professions**

**Course**

**Descriptions**

**Graduate**

**School**

**Albany State**

**Business**

**Arts & Humanities**

**Education**

**Sciences &**

**Health**

**Professions**

**Graduate**

**School**

**Course**

**Descriptions**

**Personnel &Index**

**Albany State**

**Business**

**Arts & Humanities**

**Education**