

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

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Faculty

Dr. A. Simmons, Associate Professor

The Department of Physical Education offers the Master of Science in Education.

Accreditation

The graduate program, accredited by the National Council for Accreditation of Teacher Education, is designed for students who have demonstrated the capacity to do scholarly graduate work and the willingness to devote the time and effort necessary to succeed in the program.

Program Objectives

The program provides students with specialization or diversification in the areas of health, physical education, dance, physiology of exercise, athletic administration, adapted physical education, and administration of physical education in secondary schools, community colleges, and other agencies such as boys and girls clubs, Y.M.C.A.'s and Y.W.C.A. 's.

Admission Requirements

Applicants for the masters' degree must hold an undergraduate degree from a regionally accredited college or university.

Degree Requirements

To qualify for the masters degree the student must complete 36 semester hours of graduate work.

| Course | Title | Semester Hours |
|--|---|---------------------------|
| EDFL 514 | Elementary Statistics | 3 |
| EDFL 515 | Methods of Educational Research | 3 |
| EDFL 568 | Curriculum Methods | 3 |
| PE 522 | Motor Learning and Human Performance | 3 |
| PE 540 | Organization and Administration of Physical Education in Two and Four Year Colleges | 3 |
| PE 550 | Research in Physical Education | 3 |
| PE 552 | Biomechanics | 3 |
| PE 553 | Advanced Exercise Physiology | 3 |
| <i>Hours</i> | | 24 |
| Electives | | |
| Other coursework is selected in consultation with an academic advisor to complete specific areas of concentration. | | 12 |
| <i>Total Hours</i> | | 36 |

DESCRIPTION OF COURSES

HE 500 Drug Abuse Education. (3 Hours) A comprehensive study of the history of drug and alcohol abuse, drug addiction and drug therapy. The course covers the economic and social impact of drug abuse on the country and the world. Consultants from various fields such as medicine, law enforcement, social agencies and education are utilized in an attempt to relate to participants all facets of the drug problem including possible solutions. The course is open primarily to graduate students, in-service teachers, counselors, guidance directors, and school and other institutional administrators.

HE 501 Foundations of Health Education (3 Hours) This course is designed to be used as an introduction to students in health education. This course outlines the historical development of health education as a profession and examines critical issues facing health educators today. The philosophy of health education and health promotion serve as a common cornerstone to subsequent coursework. Competencies of health educators will be examined. This course explores the foundation of health education in school, community, clinic and worksite settings.

HE 503 Organization and Administration of School and Community Health. (3 Hours) This course explores the school health education community health programs with emphasis on organization and administration of school, public health, voluntary, and private health programs.

HE 550 Research in Health (3 Hours) This course deals with the process of arriving at dependable solutions to problems through the planned and systematic collection, analysis and interpretation of data related to the field of health. Students will also study the scholarly application of the scientific method to the solving of health problems.

HE 600 Public and Community Health (3 Hours) This course is designed to communicate an understanding in the area of public and community health. It traces the beginning of public health and community health and studies the relationship between public and community health.

PE 505 Practicum in Lifetime Sport. (3 Hours) Designed to study lifetime sports such as tennis, archery, golf, swimming, badminton, and many others in which one may participate throughout life.

PE 509 Principles And Problems of Coaching. (3 Hours) This course is designed to deal with the recognition, discussion, and systematic analysis of controversial issues and problems in coaching and athletics. Topics studied are: psychological-sociological implications of athletics, crowd control, profiles of coaches, women and athletics, financial crisis in athletics, personality traits and anatomical structure of athletes, interscholastic athletic competition below high school level, recruitment of minority athletes and financial aid.

PE 510 Theory and Practice of Coaching Basketball. (2 Hours) Designed to give the student experiences in dealing with the basketball program from a scientific standpoint. The student will be exposed to experiences relative to the application of mechanical, physiological, and kinesiological laws to the basketball program. The student will explore the psychology of coaching as well as review some of the problems that are specifically related to the basketball program such as recruiting, theories of the game,

organizing practice, sideline coaching, and the rules and regulations of various governing bodies.

PE 511 Theory and Practice of Coaching Football. (2 Hours) Designed to give the student experiences in dealing with the football program from a scientific standpoint. The student will be exposed to experiences relative to the application of mechanical, physiological, and kinesiological laws to the football program. The student will explore the psychology of coaching as well as review some of the problems that are specifically related to football programs such as recruiting, theories of the game, organized practice, sideline coaching, and the rules and regulations of various governing bodies.

PE 512 Theory and Practice of Coaching Baseball. (2 Hours) Designed to give the student experiences in dealing with the baseball program from a scientific standpoint. The student will be exposed to experiences relative to the application of mechanical, physiological, and kinesiological laws to the baseball program. The student will explore the psychology of coaching as well as review some of the problems that are specifically related to the baseball program such as recruiting, theories of the game, organizing practice, sideline coaching, and the rules and regulations of various governing bodies.

PE 513 Theory and Practice of Coaching Track and Field. (2 Hours) Designed to give the student experiences in dealing with the track program from a scientific point of view. The student will be exposed to experiences relative to the application of mechanical, physiological, and kinesiological laws to the track program. The student will explore the psychology of coaching track as well as review some of the problems that are specifically related to the track program such as recruiting, organizing practice and the rules of governing bodies.

PE 540 Organization and Administration of Physical Education In Two and Four Year Colleges. (3 Hours) Study of the organizational structure of physical education in two and four year colleges. The course will cover theory, professional preparation and practices and administration. The course will show how administrative theories are developed. It will dwell on the broad process of administration that might be designed as decision making, communicating, activating, planning and evaluating.

PE 543 Organization and Administration of Sport. (3 Hours) A study of the various organizations and administration patterns of athletics in schools, colleges, universities, and professional athletics.

PE 550 Research in Physical Education. (3 Hours) Study and application of research techniques to selected problems in health, physical education, and recreation.

PE 552 Biomechanics. (3 Hours) In-depth study of the application of mechanical principles to athletic performance. The study will make application of laws of balance, motion, force, work and energy, to track and field, baseball, football, swimming, diving, gymnastics, basketball, golf, and tennis.

PE 553 Advanced Exercise Physiology. (3 Hours) Prerequisite: Human Physiology and/or Introductory Course in Exercise Physiology. Lectures, discussions and experiments dealing with the structure, function and metabolism of skeletal and cardiac muscles. Emphasis on correlating muscle function with

metabolic events. The biochemical basis of adaptation of muscle function is considered.

PE 560 Sociology of Sport. (3 Hours) The course will include the study of processes and patterns of individual and group interaction, the forms of organization of social groups the relationships among them, and group influences on individual behavior within a sport context will be discussed.

PE 587 Independent Study. (1 Hour) Implementation of individual student research project under the guidance of an advisor.

PE 589 Independent Study. (2 Hours) Opportunity for students to undertake independent study and research under the direction of a faculty member. The student will submit a written report and may be asked to stand a comprehensive examination of his work.

PE 590 Thesis Writing and Research In Physical Education. (1-6 Hours) An independent investigative work in physical education. The candidate chooses a problem, but approval by his chairman is required. Credit is granted only after thesis is completed and approved by the department