

## PHYSICAL EDUCATION (PED)

---

“As a member of the Body of Christ, all serve and are served, all teach and all learn.” This statement from Wisconsin Lutheran College’s philosophy underscores the value of a coaching minor to our students. A coaching minor equips students to serve and teach in the highly participatory area of athletics, a major arena for Christian witness opportunities.

Coaches, because of the nature of their position, are in a favorable setting to teach concepts which lead to effective living. Healthy competition, teamwork, goal setting, dealing with victory and defeat, and “walking one’s talk” are only a few of the life skills coaches can help to develop in the young athlete. Wisconsin Lutheran College will work with coaches not only in teaching them skills and techniques of leadership, but also by equipping them to lead young athletes with Christian principles found in God’s word.

In addition to the coaching minor, the physical education department offers a variety of electives and applied fitness performance courses which fulfill the physical well-being general degree requirement. PED 102 through 149 are offered for one-half semester. PED 101 and 104 are offered for an entire semester. Students must register at the beginning of a semester for courses offered during the first or second quarters. PED 101 is offered for an entire semester. PED courses 150 through 199 are applied fitness performance classes offered for an entire semester three times per week.

### COURSE OF STUDY

A minor in coaching consists of at least 23 credits including:

- A. Required Courses: BIO 225, PED 200, 315, 330, 490, PSY 240, SPE 310, 325.
- B. Elective Courses: At least 2 credits from BIO 255, PED 154, 216, 425 or SPE 425.
- C. Elective Courses: At least 2 credits from PED 331, 332, 333, 334, 335, 336, 337, 338, 339.
- C. Specific Requirements:
  1. A GPA of 2.5 in general degree requirements is required for admission to the minor.
  2. Students seeking teacher certification from Wisconsin Department of Public Instruction must consult the teacher education department for specific requirements.
  3. All students who successfully complete the coaching minor receive a WLC coaching certificate. Teacher education students receive a coaching license.
  4. An exit GPA of 3.0 is required in minor courses.

### Course Descriptions

#### **PED 101 Golf. 1 cr.**

An introduction to the history and fundamentals of golf with a focus on golf in America and key fundamentals of playing the sport; including, grip, club selection, posture, etc. Lecture time will be devoted to the history and growth of the game of golf in America, rules, and cultural significance. Students will have the opportunity to practice applied skills with time spent at a driving range and golf course.

**PED 102 Tennis. 1/2 cr.** Beginning tennis: ground strokes, volleys, serves, scoring, utilization of the court. Class meets in the REX gym and off-campus. 7 weeks.

#### **PED 103 Contemporary Dance. 1/2 cr.**

A glimpse of ballet, jazz dance, modern dance, aerobic dance, and selected dance forms. Tour of off-campus dance facilities. Class meets in the Siebert Center. 7 weeks.

#### **PED 104 Bowling. 1 cr.**

This course will focus on the history, scoring, terminology and fundamentals of bowling. Various techniques and skills pertaining to approach and release will be taught. Students will have the opportunity to practice applied skills with time spent at a bowling alley off-campus.

#### **PED 105 Taekwondo. 1 cr.**

A basic instruction in the Olympic-style (Jidokwon) Korean martial art. Training involves but is not limited to: foot and hand techniques, patterns of techniques (forms), self-defense training, and controlled fighting (sparring). Terminology and history of the official martial art of Korea will be taught. Training will consist of moderate regulated impact, medium to high aerobic exercise, stretching. Students with prior concussions are discouraged from attending. Class will be held for two hours per week.

#### **PED 106 Archery. 1/2 cr.**

Fundamentals of archery: aiming, release, scoring, terminology. Individual instruction and team competition. Class meets off-campus at an indoor shooting range. 7 weeks.

#### **PED 107 Badminton. 1/2 cr.**

Fundamentals of badminton: instruction in game rules, stroking technique, court positioning and game strategy. Both singles and doubles games will be discussed. Classes will be held in the REX. 7 weeks.

#### **PED 152 Cardio Pump. 1 cr.**

Course designed to apply principles of complete personal fitness using cardiorespiratory condition in an active setting. Students will utilize a variety of cardio activities: aerobic step, circuit training, interval training, boot camp, kickboxing and other cardio techniques. Methods for effective strength training and muscle toning through a variety of equipment, fitness planning and goal setting will be introduced for complete understanding of lifelong fitness.

#### **PED 154 Strength and Power Development. 1 cr.**

Advanced program for improving athletic capacity. Development of flexibility, agility, speed, power, strength, and endurance. Components of the program will be tailored to meet the needs of specific sports. Combination of weight lifting, power lifting, and plyometric exercises. Student-athletes should plan to take this course when they are in the “off season.” (i.e. fall participants should be baseball, track, softball, etc. players and spring participants should be soccer, football, volleyball, etc. players. Basketball players can take in either semester. Intensity: aerobic (low), anaerobic (low to high), muscular (high). Prereq: varsity athlete status or permission of instructor.

**PED 155 Circuit Training. 1 cr.**

An efficient program of stretching, muscle toning, and cardiorespiratory conditioning. Circuit training on weight machines and a combination of cardio machines in the fitness center. Recommended for students who want a balanced fitness program. Intensity level will vary on experience and current physical condition. May not be enrolled in PED 216 concurrently. Flex-time scheduling.

**PED 200 First Aid, CPR & AED. 1 cr.**

American Heart Association two year certification in First Aid, CPR, and AED. Blood borne pathogen training included. Safety and accident prevention stressed. (Does not fulfill Physical Education GENED or Nursing program requirements)

**PED 216 Strength Training Application/Project. 1 cr.**

Emphasis on various methods of strength development. Students will be taught to design strength training programs for individualized athletics. Designed to supplement PED 154.

**PED 315 Prevention and Care of Athletic Injuries. 2 cr.**

Students will receive instruction on common occurring athletic injuries as a result of participation in athletics and physical education programs. Understanding, diagnosis, treatment, and prevention of athletic injuries and the role of the coach or teacher in the care, treatment and prevention of common sports injuries.

**PED 330 Theory and Methods of Coaching. 1 cr.**

Covers the theory of coaching specific competitive sports including interscholastics, club, youth and/or intercollegiate sports programs. .

**PED 331 Coaching of Baseball. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of baseball as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 332 Coaching of Basketball. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of basketball as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 333 Coaching of Football. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of football as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 334 Coaching of Wrestling. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of wrestling as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 335 Coaching of Soccer. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of soccer as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 336 Coaching of Softball. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of softball as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 337 Coaching of Track and Field. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of track and field as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 338 Coaching of Volleyball. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of volleyball as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 339 Coaching of Cheerleading. 1 cr.**

Provides the student with theoretical information necessary for the successful coaching of cheerleading as well as skill analysis, drill development, tactics, strategies, and other coaching techniques.

**PED 425 Administrative Leadership in Athletics 3 cr.**

Discussion of topics related to leadership and administration throughout various athletic settings. Focus on budget, schedule, risk management and facilities management. Incorporate leadership theory, personality trait and philosophy in positive work environment. Comprehensive knowledge gained to lead an athletic team, department or organization.

**PED 490 Internship. 1-3 cr.**

By arrangement with discipline. Prereq: Consent of instructor .

**PED x91 Special Topics. .5-3cr.**

Special topics in physical education. May be repeated. Prereq: varies with topics.

**PED 199-499 Independent Study. 1 - 3 cr.**

By arrangement with instructor.