

# PHYSICAL EDUCATION, HEALTH, AND RECREATION

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**Faculty**  
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Academic Programs	Credits
BS: Physical Education	60
Exercise Science	
Instructional Leadership	
Minor in Physical Education	
Exercise Science	30
Instructional Leadership	34

The Department of Physical Education offers a BS: Physical Education with two areas of emphasis—exercise science and instructional leadership.

The Exercise Science emphasis provides a strong science-based education for the student of exercise and sport. This program provides an foundation for students seeking clinical careers in physical therapy, medicine, and athletic training as well as for the student planning graduate study in exercise science, sports management, biomechanics, exercise physiology, or kinesiology. Students should qualify to take the American College of Sports Medicine (ACSM) certification exams as an Exercise Technologist or Health and Fitness Instructor. Other organizations offering certifications are the International Dance Exercise Association (IDEA) and the National Strength and Conditioning Association (NSCA).

A minor in exercise science prepares students for work in the community and corporate fitness setting.

The Instructional Leadership emphasis prepares students to work in educational settings—elementary, secondary, YMCA/YWCA, or other areas in which instruction is the main focus.

An Instructional Leadership minor helps students prepare for elementary or secondary certification.

## Programs

### BS: Physical Education—60

#### Foundation

PETH130, 210, 276, 306, 370, 374, 375, 470

#### Cognate Core

BIOL111, 112, 113; FDNT230; HLED 170, 420; PHYS131; STAT285.

#### Emphasis

At least 36 credits fulfilling one emphasis

### Emphasis in Exercise Science

4 credits from business management; PEAC116, 214; PETH425,435, 450; 10 elective physical education activity credits; and 3 credits electives.

### Emphasis in Instructional Leadership

EDTE457; PEAC300, 350; PETH266, 307, 366, 459, 460; RECR280; 10 elective activity credits (4 credits must be in team sports and 6 credits must be individual sports; 4 credits in intermediate skill level, 1 credit in gymnastics or tumbling).

### Minor in Physical Education

FDNT230, HLED170

### Emphasis in Exercise Science—30

Core plus PETH425, 435

### Emphasis in Instructional Leadership—34

EDTE457; PETH130, 266, 276, 370, 374, 375, 459; plus 5 elective activity credits (for elementary or secondary teacher certification).

Each student classifies himself/herself in regard to competencies and selects a class at the proper level. Should classification be incorrect, the student must move into a course more in keeping with his/her ability.

To qualify for admission to an intermediate course, one must have either a background of participation in the activity or pass the beginning level of the class.

## Courses

(Credits)

See inside back cover for symbol code.

### GENERAL ACTIVITY

**PEAC106** \$ (1)  
*Beginning Basketball*  
Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, offensive strategy, basic rules, and team play.

**PEAC107** \$ (1)  
*Beginning Volleyball*  
Instruction in the basic skills of serving, setting, passing, spiking, and the rules for 2-, 3-, 4-, and 6-person team play.

**PEAC108** (1)  
*Beginning Self-defense*  
A systematic analysis of Self-Defense techniques emphasizing mental preparation and survival mind-setting. Includes basic survival skills, de-escalation techniques, role playing, and lab work.

**PEAC109** \$ (1)  
*Beginning Softball*  
Instruction in the fundamental skills of throwing, catching, base-running, batting, and fielding of ground and fly balls. Position play, game situation drills, scrimmages, and rules are covered. Student must supply own glove.

**PEAC116** \$ (2)  
*Weight Control and Conditioning*  
Study of the factors involved in increasing,

decreasing, or retaining body weight. Also the practice of exercises designed to control body weight.

**PEAC118** \$ (1)  
*Beginning Badminton*  
Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations.

**PEAC119** \$ (1)  
*Beginning Tennis*  
Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules.

**PEAC120** \$ (1)  
*Scuba*  
An entry level course in scuba diving. Includes instruction in the buddy system, dive planning, donning and removing equipment in the water, alternate air sources, buddy breathing, entries, communication, and navigation. Swimming pretest required. YMCA certification.

**PEAC128** Alt \$ (1)  
*Beginning Golf*  
Study of the basic techniques of the golf swing. An introduction to the game, rules and etiquette of golf. Students must supply their own equipment.

**PEAC129** \$ (1)  
*Beginning Racquetball*  
Introduction to basic strokes, singles and doubles play, strategy, and rule interpretations. Students must supply their own equipment.

**PEAC130** \$ (1,2)  
*Special Activities*  
Special areas beyond normally offered courses: Concepts of Fitness, cycling, diving, fitness games, fitness swimming. Repeatable in different areas. Consult the current class schedule for activities offered each year.

**PEAC144** \$ (1)  
*Beginning Floor Hockey*  
Introduction to the game, including team composition, rules, and fundamental skills.

**PEAC150** \$ (1)  
*Swimming*  
Designed for multilevel instruction. Three basic levels are incorporated into the class based on a swimming pretest: beginners, intermediate, and advanced. Repeatable.

**PEAC174** \$ (1)  
*Cross-Country Skiing and Winter Camping*  
Instruction in cross-country skiing technique, conditioning, equipment, winter-camping skills, and winter safety. Taught on a S-NC credit basis. Students must supply their own skiing equipment.

**PEAC206** \$ (1)  
*Intermediate Basketball*  
Analysis of and drills in fundamental skills, offensive and defensive strategies. Emphasis is given to team play. Prerequisite: PEAC106 or equivalent.

**PEAC207** \$ (1)  
*Intermediate Volleyball*  
Instruction in advanced team play with offensive and defensive strategies. Game scrimmages help to perfect fundamental skills. Prerequisite:

PEAC107 or equivalent.

**PEAC208** (1)  
*Intermediate Self-Defense*  
Technical application of the physical aspect of Self-Defense techniques. Instruction includes proper technique utilization, de-escalation techniques, role playing and lab work. Prerequisite: PEAC108.

**PEAC209** \$ (1)  
*Intermediate Softball*  
Instruction in team play, cutoffs, relays, and offensive and defensive strategies. Game scrimmages use the pitching machine. Students supply own glove. Prerequisite: PEAC109 or equivalent.

**PEAC214** \$ (1)  
*Weight Training and Conditioning*  
Instruction in body development and coordination activities for men; weight lifting and individual calisthenic program; and body development and shaping for women.

**PEAC228** Alt \$ (1)  
*Intermediate Golf*  
Analysis of and drills in chipping, pitching, and putting. Emphasis on refining the golf swing. Students must supply their own equipment. Prerequisite: PEAC128 or equivalent.

**PEAC229** \$ (1)  
*Intermediate Racquetball*  
Perfection of fundamental skills and strategies. Students must supply their own equipment. Prerequisite: PEAC129 or equivalent.

**PEAC230** Alt \$ (1)  
*Tumbling*  
Learning and performing the fundamental skills of tumbling and balancing with emphasis on teaching methods.

**PEAC244** Alt \$ (1)  
*Intermediate Floor Hockey*  
Analysis of and drills in fundamental skills, position play, and team strategies. Emphasis given to team play.

**PEAC289** Alt \$ (1)  
*Gymnastics*  
Learning and exploring basic gymnastic skills on the following apparatus: horizontal bars, uneven bars, parallel bars, balance beam, rings, and vaulting horse; with emphasis on progression and safety.

**PEAC300** (2)  
*Lifeguarding*  
Instruction in accident prevention, aquatic- facility supervision, and water-rescue techniques. Successful completion results in American Red Cross Lifeguard Training certification. Current first aid and CPR certification included. Prerequisite: Ability to swim 500 yards in 10 minutes or less.

**PEAC330** Alt \$ (2)  
*Wilderness Living*  
Instruction in camping and survival techniques, open-fire cooking, orienteering, backpacking, wilderness first aid, edible wild plants, and tracking. Students supply their own equipment. One weekend trip required.

**PEAC350** (2)  
*Water Safety Instructor*

Instruction in techniques of teaching American Red Cross swimming courses. Current first-aid and CPR certification required. Prerequisite: PEAC300 or current American Red Cross Lifeguard Training certification or current Community Water Safety certification.

**THEORY**

**HLED115** \$ (2-3)  
*Concepts of Health and Physical Activity*  
Concepts of personal and community health and physical activity that promote the wellness lifestyle.

**HLED130** \$ (3)  
*Essentials of Wellness*  
Enhances understanding of individual and public-health issues such as disease prevention, and addresses physical, mental, spiritual, and emotional health.

**HLED170** (2)  
*First Aid and Cardiopulmonary Resuscitation*  
Emphasizes the immediate and temporary care of a victim of accident or sudden illness until medical help arrives.

**HLED420** (4)  
*Ministry of Healing*  
A study of the ways in which optimum health is obtained and how it affects the lifestyle and strengthens the total person physically, mentally, socially, and spiritually. E. G. White's counsel on holistic health is emphasized.

**PETH130** Alt (3)  
*Foundations of Physical Education*  
Study of physical education as a career, its relationship to related fields of education, general principles and philosophies, historical background, and professional preparation.

**PETH210** Alt (2)  
*Motor Learning*  
Survey of theories and experimental studies in motor learning.

**PETH266** Alt (2)  
*Recreational Supervision*  
Study of rules and officiating mechanics for team sports. Physical education majors or minors seeking teaching certification must repeat until all areas have been completed. FALL—Flag Football and Volleyball; WINTER—Basketball and Floor Hockey; SPRING—Softball and Soccer. Two lab hours per week required.

**PETH276** Alt (2)  
*Athletic Injury Prevention*  
A study of the prevention and care of athletic injuries. Prerequisites: HLED170 or BIOL111-113 or equivalent.

**PETH306** Alt (4)  
*Measurements and Evaluation*  
Application of descriptive and inferential statistics to Physical Education and Exercise Science. Prerequisite: STAT285.

**PETH307** Alt (3)  
*Adaptive Physical Education*  
Study of structural and functional handicapping conditions found in school-age children, the limitations imposed by these conditions, and the responsibilities of the physical education teacher

in working with such disabilities.

**PETH366** Alt (1)  
*Officiating*  
Practical field experience in officiating. Two labs per week required. Physical Education majors seeking secondary-teacher certification must repeat until all areas have been completed. FALL—Flag Football and Volleyball; WINTER—Basketball and Floor Hockey; SPRING—Softball and Soccer. Prerequisite: PETH266.

**PETH370** Alt (4)  
*Kinesiology*  
The science of bodily movement with emphasis on anatomy, joint-and-muscular mechanism, principles of force generation and absorption, stability and balance, speed and acceleration in physical activities. Includes analysis of activities for the purpose of improving physical skill. Prerequisites: BIOL111-113 or equivalent, and PHYS131.

**PETH374** Alt (4)  
*Physiology of Exercise I*  
Study of the physiological background for the body's response to exercise. Weekly: 3 lectures and 1 lab. Prerequisites: BIOL111-113 or equivalent.

**PETH375** Alt (4)  
*Physiology of Exercise II*  
Technical application of physiological principles as they relate to anthropometric measurements, strength, flexibility, pulmonary and cardiac function. Prerequisite: PETH374.

**PETH425** Alt (3)  
*Biomechanics*  
An examination of the internal and external physical forces acting on human movement and the effects produced by these forces. Prerequisite: PETH370.

**PETH435** Alt (3)  
*Graded Exercise Testing*  
Explores the principles involved in testing individuals for cardiovascular function using the treadmill. Includes contraindications to graded-exercise testing, basic electrocardiography, medication, and patient preparation. Forms a solid foundation for the American College of Sports Medicine's Exercise Test Technologist certification. Prerequisite: HLED170, PETH375, and current CPR.

**PETH440** (1-4)  
*Topics in \_\_\_\_\_*  
Selected topics in the area of physical education, health, or recreation. Consult current class schedule for topic offered each year. Repeatable in different content areas.

**PETH450** (1-12)  
*Practicum in Health, Physical Education, and Recreation*  
Supervised experience in area health, fitness, and rehabilitation programs. Limited to junior or senior majors.

**PETH459** Alt (4)  
*Secondary Methods in Teaching Physical Education*  
The application of teaching principles and strategies as they apply to secondary Physical Education. Should be taken the senior year.

**PETH460** Alt (2)

### Organization and Administration of Physical Education

Techniques and methods of organizing and administering a physical education department. Areas include facility management, supervision of workers, budgeting, intramural organization, public relations, and legal issues. Should be taken the senior year.

**PETH470** Alt (1)  
**Seminar in Physical Education and Health**  
 Explores current issues relevant to physical education and health by means of presentations, readings, and projects. Prerequisites: PETH306, 370, 374.

**PETH495** (1-4)  
**Independent Study/Reading/ Research/ Project**  
 Independent Study: Directed study in an area of interest resulting in a formal term paper. Independent Readings: Weekly meetings with the instructor for individual assignments and reports. Independent Research: Design and execution of an experiment or causal-comparative research. Independent Project: Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Repeatable to 4 credits in each area.

**RECR280** Alt (2)  
**Introduction to Recreation**  
 A survey of recreation services, their goals, activities, achievements, and work opportunities.

# PHYSICAL THERAPY

## Berrien Springs Campus

Physical Therapy Building

Department Administration & Admissions  
 (616) 471-AUPT or 800-827-AUPT  
 FAX: (616) 471-2867  
 pt-info@andrews.edu  
 http://www.andrews.edu/PHTH/

MSPT Program  
 (616) 471-AUPT or 800-827-AUPT  
 FAX: (616) 471-2866

**Dayton Campus**  
 Andrews University Physical Therapy  
 2912 Springboro West, Suite 301  
 Dayton, OH 45439-1674  
 (937) 298-AUPT or 888-827-AUPT  
 FAX: (937) 298-9500

**Faculty**  
 C. William Habenicht, *Chair*  
 Wayne L. Perry, MSPT Program Director  
 Daryl W. Stuart, MPT Program Director  
 Philip A. Anloague  
 John C. Banks  
 Kathy A. Berglund  
 John Carlos, Jr.  
 Heidi C. Clarke  
 Norene M. Clouten  
 Bonny D. Dent  
 Betsy Donahoe-Fillmore  
 Edward G. Greene  
 Kurt J. Jackson  
 Harold L. Merriman  
 A. Lynn Millar  
 Janet A. Mulcare  
 Elizabeth Oakley  
 David P. Village

Academic Programs	Credits
<b>Berrien Springs campus</b>	
BS in Anatomy and Physiology (interim degree for MSPT students)	
MSPT Master of Science in Physical Therapy (includes BS credits)	166
<b>Dayton OH campus</b>	
MPT Master of Physical Therapy	102
<b>Both campuses</b>	
AMPT Advanced Master in Physical Therapy	39-48
ACPT Advanced Certificate in Physical Therapy	33

Physical therapy is a health profession dedicated to evaluating, treating, and preventing physical disabilities. It employs exercise, mobilization, massage, heat, water, light, electricity, and ultrasound in the treatment of people with problems resulting from congenital abnormalities, injuries, acquired diseases, or the aging process.

Physical therapists work closely with their client's family, physician, and other members of the medical team. Personnel in home-health agencies and community- and school-support groups work with the therapist as the client returns

to the home environment and resumes the activities and relationships of normal daily living.

## PROFESSIONAL ENTRY PROGRAMS

**Master of Science in Physical Therapy (MSPT).** This 3-year program begins after a student completes 2 years of college prerequisites. A previous college degree is not necessary. Students earn 2 degrees: an interim Bachelor of Science (received after 2 years in the professional program) and an MSPT degree.

**Master in Physical Therapy (MPT).** The curriculum in this 2-year program uses problem-based learning and is designed for individuals who already have completed a baccalaureate degree.

## ACCREDITATION AND BOARD CERTIFICATION

The MSPT and MPT programs are both accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE). Graduates may apply to take the state board examination in the state of their choice after receiving either MSPT or MPT degrees.

## APPLICATION PROCESS

**Information Packets.** Packets which describe admission requirements for both professional entry programs are available throughout the year. The information is designed to aid the prospective student through the application and admissions process. Please call 800-253-2874 to request an information packet.

**Application Packets.** Packets containing all necessary forms and instructions for completing the application process are available by June of each year. Students who return all requested materials by December 1 and meet eligibility requirements outlined below and in the application packet are considered for admission. Applicants holding a baccalaureate or advanced degree are welcome to apply to both the MPT/Dayton and the MSPT/Berrien Springs programs simultaneously and will receive equal consideration for admission.

Applicants who meet eligibility requirements are invited to participate in a personal interview with admissions personnel during February and March.

Notices of acceptance and denial are sent by certified mail. Classes begin on the Berrien Springs campus in July, and on the Dayton campus in September.

## ADMISSIONS REQUIREMENTS

- All completed application materials returned by the application deadline:
  - official transcripts
  - personal references
  - required application fee
- Minimum 3.00 cumulative GPA in both natural science prerequisite and general education prerequisite courses.
- Personal interview of eligible applicants.
- Documentation of 80 hours (including 20 hours in an inpatient setting) of clinical observation under a licensed physical therapist.

**International applicants** must also provide

- A minimum score of 80 on the *MELAB* or 550 on the *TOEFL* test (if English is not their first language).