EDPH - PHYSICAL EDUCATION (EDPH)

EDPH U118 Strength Training Techniques for Coaches 1 Credit Hour
Learning and teaching of common resistance training exercises and methods for future athletic coaches. Understanding of the program design process, interaction and communication among athletic coaches, athletic trainers, and strength coaches is discussed. Pass/Fail credit.

EDPH U121 Golf 1 Credit Hour
Skill development, playing strategy, knowledge of rules, scoring, and tournament play. Pass/Fail credit.

EDPH U122 Tennis 1 Credit Hour
Skill development, playing strategy, knowledge of rules, scoring, and tournament play. Pass/Fail credit.

EDPH U123 Snow Skiing 1 Credit Hour
Basic maneuvers of conditioning, turning, stopping, and selection and care of equipment and clothing. Pass/Fail credit.

EDPH U124 Walk/Jog/Run 1 Credit Hour
Develop and carry out a personalized walking, jogging or running program by applying information on equipment selection, physiology, mechanics, psychology, training principles, conditioning, program guidelines, environmental concerns, nutritional guidelines, and injury prevention. Pass/Fail credit.

EDPH U125 Combatives 1 Credit Hour
Skill development, strategy, knowledge of rules, scoring, and tournament competition in wrestling, judo, karate, and boxing. Pass/Fail credit.

EDPH U126 Introduction to SCUBA Diving 1 Credit Hour
Basic techniques and skill development, care of equipment, and the principles and practices of safe SCUBA diving. Pass/Fail credit.
Prerequisite(s): Ability to swim.

EDPH U127 Handball and Racquetball 1 Credit Hour
Skill development, playing strategy, knowledge of rules, scoring, and tournament play. Pass/Fail credit.

EDPH U128 Group Fitness 1 Credit Hour
Participation and development of group fitness routines. A variety of approaches to group fitness will be introduced, based on current trends in the industry. Students will be required to participate consistently as well as create and teach a brief routine in the chosen format. Pass/Fail credit.

EDPH U129 Yoga 1 Credit Hour
Flexibility training and strength development through participation in low impact movements with an emphasis on mind-body fitness. Pass/Fail credit.

EDPH U130 Bowling 1 Credit Hour
Skill development, playing strategy, knowledge of rules, scoring, and tournament play. Pass/Fail credit.

EDPH U131 Badminton 1 Credit Hour
Skill development, playing strategy, knowledge of rules, scoring, and tournament play. Pass/Fail credit.

EDPH U132 Basketball 1 Credit Hour
Skill development, playing strategy, knowledge of rules, scoring, and tournament play. Pass/Fail credit.

EDPH U133 RAD Self Defense 1 Credit Hour
Development and enhancement of self-defense options for victims of physical aggression. Pass/Fail credit.

EDPH U140 Adult Recreational Sports 1 Credit Hour
Methods and materials for teaching activities of carry-over value adaptable to junior and senior high facilities. Such activities as boating, fishing, hunting, camping, backpacking, skiing, and recreational games are included. Pass/Fail credit.

EDPH U141 Adventure Programming on a Ropes Course 1 Credit Hour
Participation and development of specific group and individual attitudes and skills through the use of low and high elements of the USC Upstate ropes course. Pass/Fail credit.

EDPH U142 Advanced Ropes Course Skills and Standards 1 Credit Hour
Advanced certification as ropes course facilitator. Knowledge and experience in the setup, spotting, and safety practices employed in state-of-the-art ropes course uses. Pass/Fail credit.
Prerequisite(s): EDPH U141.

EDPH U143 Outdoor Climbing & Rappelling 1 Credit Hour
Skill development, safety, spotting, safety practices, and knowledge of and use of proper equipment. Pass/Fail credit.

EDPH U165 Officiating of Sports 1 Credit Hour
Rules, officiating techniques, and problems arising in officiating, with emphasis on major team sports.

EDPH U180 Swimming 1 Credit Hour
Skill development, basic strokes, elementary diving, knowledge of water and pool safety. Pass/Fail credit.

EDPH U185 Educational and Recreational Fitness 1 Credit Hour
Participation and development of simple games utilized in the physical educational setting. Activities will include but not limited to tag games, fitness games, holiday games, team building activities, and sports games.
Prerequisite(s): PETE major or consent of instructor.

EDPH U200 Foundations of Physical Education 3 Credit Hours
The scope of the physical education field, historical background, principles, philosophy, current issues, professional leadership and publications.

EDPH U223 Advanced Snow Skiing 1 Credit Hour
Pole plant location, moguls, planning line, constant turns, and advanced trail skiing. Pass/Fail credit.
Prerequisite(s): Ability to snow ski.

EDPH U235 Dance and Gymnastics 3 Credit Hours
Skills analysis, methods and techniques for organizing and teaching dance, gymnastics and tumbling, including opportunities for peer teaching experience.

EDPH U242 Principles of Recreation 3 Credit Hours
The significance and meaning of leisure in modern society, theories of play, the recreational movement in the U.S., and programs of recreation in the school, community and industry.

EDPH U280 Swimming and Water Safety 1 Credit Hour
The teaching of swimming and water safety, skill mastery, lifesaving, pool hygiene, management, and safety. For advanced swimmers. Pass/Fail credit.

EDPH U304 Motor Learning & Development 3 Credit Hours
Processes associated with acquisition of psychomotor skill and the neuromuscular function involved in the control of movement. The application of the developmental processes as it relates to motor learning is also explored. A field experience is required.
Prerequisite(s): EDPH U200.

EDPH U312 Teaching Secondary Physical Education 4 Credit Hours
Orientation to teaching physical education in grades 6-12. Emphasis is on teaching styles, methods and curriculum. A field experience in the public schools is required.
Prerequisite(s): EDPH U200, junior standing, and Physical Education majors only; or consent of instructor.

EDPH U315 Outdoor Sports 3 Credit Hours
Study of outdoor sports and pursuits. Includes participation in the scope and sequence of skill development in at least two outdoor sports, including hiking, backpacking, orienteering, survival skills, geocaching, and rock climbing.

EDPH U318 Sports Ethics 3 Credit Hours
Understanding the moral and ethical issues in sports. A focus on coaches, athletic directors, league directors, athletes, parents, etc. and their ethical and moral responsibilities as it pertains to sport. Issues such as health and safety of athletes, Title IX, recruiting of athletes, use of performance-enhancing drugs as well as other current events will be examined.

EDPH U320 Team Sports I 3 Credit Hours
Skills for basketball, flag football, and team building games. Students will learn proper skill progressions, techniques that are used to link fundamental movement with sports skills, and how to evolve simple strategies into more complex game play.

EDPH U325 Principles of Coaching 3 Credit Hours
General understanding of the philosophies and ideologies of coaching. Includes in-depth research based discussion on coaching responsibilities related to: motivation, discipline, sportsmanship, development of the whole student athlete as a person, organization, game management, and the coach as a teacher. Students are required to complete the American Sport Education Program's 'Coaching Principles' exam, and if successful, will receive ASEP certification in Coaching Principles and be listed in the National Coaches Registry.

EDPH U327 Field Experience in Coaching 2 Credit Hours
Guided practical experience in an athletic team setting. Requires 35 hours of volunteer coaching to be determined by the student with the instructor's permission.
Prerequisite(s): EDPH U318 and EDPH U325.

EDPH U329 Coaching the Mind/Body Connection 3 Credit Hours
Understanding how to guide athletes through mental and emotional challenges faced during athletic training and competition. Topics explored include but are not limited to dealing with anxiety, stress, relaxation techniques, self-doubt, and working with others. Coaching athletes on how to develop a positive and healthy mind/body relationship is the focus.

EDPH U395 Special Topics 3 Credit Hours
Selected topics in Exercise and Sport Science. Topics vary depending on faculty expertise. This course may be repeated for credit if the topic is different.
Prerequisite(s): Junior standing or permission of instructor.

EDPH U399 Independent Study 1-3 Credit Hours
Topics assigned and approved by adviser, instructor and dean.

EDPH U405 Teaching Elementary Physical Education 4 Credit Hours
Orientation to teaching physical education in grades PreK-5. Emphasis is on teaching styles, methods and curriculum. A field experience in the public schools is required.
Prerequisite(s): Admission to the professional program and EDPH U312; or consent of instructor.

EDPH U415 Individual Sports 3 Credit Hours
Skills for golf, tennis, and inline skating. Students will learn proper skill progressions, techniques that are used to link fundamental movement with sports skills, and how to evolve simple strategies into more complex game play.

EDPH U420 Team Sports II 3 Credit Hours
Skills for volleyball, softball and soccer. Students will learn proper skill progressions, techniques that are used to link fundamental movement with sports skills, and how to evolve simple strategies into more complex game play.
Prerequisite(s): Admission to the professional program and EDPH U200; or consent of instructor.

EDPH U445 Measurement and Evaluation of Physical Education 3 Credit Hours
History, basic statistical techniques utilized in scoring and interpreting tests, evaluation of measures now available in the field, and the administration of a testing program.
Prerequisite(s): Admission to the professional program and MATH U102 or PSYC U225 or SOCY U201.

EDPH U450 Field Experience 1 Credit Hour
A supervised clinical experience in a selected physical education setting designed to address any deficit in the required 100 hours of pre-student teaching practicum experience.
Prerequisite(s): Consent of instructor.

EDPH U453 Organization and Administration of Physical Education 3 Credit Hours
Organization and management of instructional, intramural, interscholastic, and recreational programs, with emphasis on criteria for the selection and evaluation of activities.
Prerequisite(s): Admission to the professional program.

EDPH U460 Issues and Trends in Physical Education 3 Credit Hours
Student reflection on the incorporation of accumulated knowledge into their student teaching clinical through the creation of the Teacher Work Sample.
Prerequisite(s): Admission to Directed Student Teaching.
Corequisite(s): EDPH U479.

EDPH U462 Physical Education for the Exceptional Child 3 Credit Hours
Programs of developmental activity and guidance for students with restrictive disabilities. Included are techniques for appraising students with faulty body mechanics, orthopedic defects, and other atypical physical conditions along with methods of handling, within the regular physical education class, the various handicaps commonly found in the schools.
Prerequisite(s): Admission to the professional program.

EDPH U479 Student Teaching in Physical Education 12 Credit Hours
A supervised clinical experience normally consisting of seven weeks in an elementary school and seven weeks in a secondary school. The experience includes exploration of ethical issues, research through analysis and evaluation of teaching, and oral presentation of research results. Pass/Fail Credit.
Prerequisite(s): Approved application for student teaching.
Corequisite(s): EDPH U460.

EDPH U485 Senior Seminar 1 Credit Hour
The integration of knowledge of recreation and individual professional activity at an advanced level utilizing research, oral presentation, a series of discussions, conferences, and role-playing experiences related to the various aspects of organized recreation as a career. Internships, employment opportunities, ethical issues, and other related topics are reviewed.