

# HEALTH AND PHYSICAL EDUCATION

## Health Studies

The Health Studies (<https://www.monmouth.edu/health-and-physical-education/hpe-majors-undergraduates/>) program at Monmouth University is designed for students who wish to enhance their knowledge of health and prepare for careers in the exciting field of healthcare and health promotion. Courses engage students in analysis of current research, problem-solving, and valuable internships. The program enables students to develop the skills needed to positively impact lives through the application, evaluation, and creation of knowledge. Additionally, students develop an understanding of the link between new research in health science and the development of healthcare strategies and policies.

Graduates of the program are prepared to work with individuals, groups, and families in health organizations and services, corporate health programs, education, and at the local, state, federal, or international level. Students can further their education by pursuing graduate degrees in areas such as medicine, dentistry, physical therapy, health and physical education, healthcare administration, public health, and many others.

The mission of the Health Studies program is to increase students' knowledge in a variety of health disciplines by teaching students to: analyze the causes and means of preventing disease and illness while seeking optimal health, develop the responsibilities and competencies of effective health educators, and advocate for the health of others. The mission of the Health and Physical Education Department is to prepare students to be well-rounded, service-oriented community members and professionals in health/exercise sciences, health promotion, public health, and education.

Health Studies graduates have secured employment in various health-related organizations as well as acceptance to graduate schools in numerous health science disciplines. Health Studies students are prepared for graduate programs including: Exercise Science, Health Promotion/Public Health, Medicine, Occupational Therapy, Physical Therapy, Physician Assistant, and Speech Language Pathology. All students are encouraged to apply to sit for the Certified Health Education Specialist (<https://www.nchec.org>) (CHES) certification exam at the conclusion of their undergraduate curriculum. The School of Nursing and Health Studies Web site (<https://www.monmouth.edu/school-of-nursing-health/careers-outcomes/>) provides additional information regarding employment settings.

Student Health Honor Society: Epsilon Gamma Chapter – Eta Sigma Gamma (<https://www.monmouth.edu/health-and-physical-education/eta-sigma-gamma/>). (<https://www.monmouth.edu/academics/hepe/ESG.asp>) National Health Education Honor Society

## Physical Education

*Note: A maximum of four credits of physical education course work will be applied toward degree requirements for non-health physical education majors. Health/Physical Education and Health/Physical Education with an Endorsement in Education majors complete six (6) credits of physical education course work.*

## Programs Majors

- B.S. in Health Promotion (<https://catalog.monmouth.edu/undergraduate-catalog/marjorie-k-unterberg-nursing-health-studies/health-physical-education/health-promotion-bs/>)
- B.S. in Health Studies (<https://catalog.monmouth.edu/undergraduate-catalog/marjorie-k-unterberg-nursing-health-studies/health-physical-education/health-studies-bs/>)
- B.S. in Health and Physical Education with an Education Endorsement in K-12 (<https://catalog.monmouth.edu/undergraduate-catalog/marjorie-k-unterberg-nursing-health-studies/health-physical-education/health-physical-education-endorsement-k-12-bs/>)

## Minor

- Health Studies (<https://catalog.monmouth.edu/undergraduate-catalog/marjorie-k-unterberg-nursing-health-studies/health-physical-education/health-studies-minor/>)

## Faculty

**Staci Drewson**, Associate Professor and Chair. B.A., Gonzaga University; M.S., Ph.D., Springfield College. Interests include teaching through physical activities, sport and end exercise psychology. [srandrew@monmouth.edu](mailto:srandrew@monmouth.edu)

**Kiameesha Evans**, Specialist Professor. B.A., Johns Hopkins University; M.A., University of Medicine and Dentistry, NJ; Master Certified Health Education Specialist (CHES). Research interests include health disparities, community-based research, coalition building/community development, and use of social media and emerging technologies to advance health education. [kevans@monmouth.edu](mailto:kevans@monmouth.edu)

**Andrea Hope**, Associate Professor. B.S., Montclair State University; M.S., The American University; Ed.D., C.H.E.S., Teachers College, Columbia University. Specialty areas and interests include physical activity and nutrition, childhood obesity prevention, development of worksite health promotion programming, and women's health. [ahope@monmouth.edu](mailto:ahope@monmouth.edu)

**Maria Hrycenko**, Lecturer. B.S., Rutgers University; D.C., Sherman College of Chiropractic, Spartanburg, South Carolina. Specialty area interests include health policy, alternative health, and ergonomics. [mhrycenk@monmouth.edu](mailto:mhrycenk@monmouth.edu)

**Jeremy Lackman**, Associate Professor. B.S., University of Central Missouri; M.S., Brooklyn College; (C.U.N.Y.); Ph.D., University of Georgia. Specialty areas include the media's portrayal of physical education teachers and urban physical education. [jlackman@monmouth.edu](mailto:jlackman@monmouth.edu)

**Jaime Myers**, Associate Professor. B.A., M.P.H., Emory University; Ph.D., University of South Florida. Specializes in psychosocial determinants of health using a public health perspective. Broadly interested in sexual health, women's health, applied statistics, and maternal and child health. [jmyers@monmouth.edu](mailto:jmyers@monmouth.edu)

**Jamie Pigman**, Assistant Professor. B.S., M.A., Montclair State University; Ph.D., University of Delaware. Specialty areas and interests include biomechanics, motor learning, exercise physiology and exercise prescription.

jpigman@monmouth.edu

**Tamara Rial-Faigenbaum**, Specialist Professor. B.S., M.S., Ph.D.,  
University of Vigo, Spain  
trialfai@monmouth.edu

**Alexis Silverio**, Specialist Professor. B.S., Cabrini University; M.P.A.,  
Thomas Jefferson University; Ph.D., Concordia University  
asilveri@monmouth.edu

## Courses

### HE-101 Strategies for Healthy Living

Credits: 3

Term Offered: All Terms

Course Type(s): None

Factors influencing personal health; function of body cells and systems; lifestyle choices such as nutrition, exercise, alcohol, drug and tobacco use, sexuality, contraception, and sexually transmitted diseases; the U.S. health care system and those of other countries.

### HE-150 Medical Terminology

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, NU.EL

Introduction of medical terminology to those students who have an interest in a wide variety of health care services. Presents a study of basic medical terms, including prefixes, suffixes, word roots, special endings, plural forms, abbreviations, and has a special emphasis on spelling, definition, usage, and pronunciation for each body system. A programmed learning, word building system will be used to learn word parts that are used to construct and analyze new terms. The accurate use and understanding of medical terminology used in communications between health care professionals, clients, and other providers of care will be enhanced by taking this course.

### HE-180 Introduction to Public Health

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

This course is designed to provide an introduction to the field of public health. The history of the field as well as key philosophical perspectives are reviewed. It will address the core values of public health practice, and the role of public health agencies at the international, national, state and local levels. Determinants of health, public health initiatives, ethical practice and selected contemporary public health issues will be explored.

### HE-198 Special Topics in Health Studies

Credits: 1-3

Term Offered: Spring Term

Course Type(s): HE.EL, HEPE

An intensive study of a particular subject or problem in health studies to be announced prior to registration. May be conducted on either a lecture-discussion or a seminar basis. If a prerequisite is required it will be announced in the course schedule.

### HE-199 Independent Study in Health Studies

Credits: 3

Course Type(s): HE.EL, HEPE

Guided research and in-depth study of an area of health studies of particular interest to the student. Prior permission of the directing professor and department chair is required to take this course.

### HE-200 Becoming a Home Health Aide

Credits: 4

Term Offered: Spring Term

Course Type(s): HE.EL, NU.EL

Through classroom lecture, discussions, reading and laboratory practice the student will learn the 76-hour training program designed to meet the NJ requirements for the Certified Homemaker/Home Health Aide (HHA). After completion of this course the student will have the opportunity to sit for the state examination and become certified as a HHA. Once certified, the student will be able to gain employment as a certified HHA in numerous agencies and institutions in NJ.

### HE-201 Technology and Health Informatics

Credits: 3

Prerequisite(s): HE-101.

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, TL

This course examines the history of healthcare informatics, current issues, basic informatics concepts and health information management systems. The use of technology to help make decisions and to improve the health status of the individual, family, and community is emphasized. Students will apply informatics concepts to a current clinical practice setting suggesting methods to use technology to improve patient safety and work effectiveness. The student will also learn to identify, gather, process, and manage information/data.

### HE-212 Lifespan Development and Health

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, RD

Health from conception through senescence using a developmental approach. Examines the factors that influence health at each stage of life, including the effect of environmental, biological, and genetic influences and common deviations from health. Using this approach, the student will investigate the effect of political and economic policies, education, epidemiology, health promotion, and illness prevention programs.

### HE-225 Mind-Body Connection

Credits: 3

Term Offered: Spring Term

Course Type(s): HE.EL

Focuses on the psychology of wellness and illness and the healing connections between the mind and body across diverse cultures. How stress is interpreted and expressed in different cultures will be explored. The healing practices and rituals of different faiths and cultural traditions will be explored.

### HE-235 Human Aging

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Designed to provide an understanding of the major health problems, health promotion, and wellness concepts that affect older people. Offers an introduction to the physical and functional changes associated with human aging. Common illnesses that are often identified in older people will be discussed. In addition, factors will be presented that are believed to cause or influence the aging process, changes in physical function and quality of life.

### HE-260 Substance Use and Abuse

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL

Physical, psychological, and sociological aspects of addictive substances; legal and ethical concerns; alternative methods of dealing with stress in young adulthood; socially responsible behavior.

**HE-275 Anthrozoology, Ethics, and Health**

**Credits: 3**

Course Type(s): HE.EL

Introduces students to the varied and complex ways in which animals contribute to human well-being and illness. Students will expand their understanding of the biological, social, psychological, environmental, occupational, spiritual, and cultural implications associated with the use of, and relationships with, animals. Students will critically examine cultural beliefs and practices that impact the well-being of humans, animals, and the planet.

**HE-290 Health Research Methods**

**Credits: 3**

Prerequisite(s): EN-101 and EN-102

Co-requisite(s): MA-105 or MA-151

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, HY, WT

Introduces students to the basic concepts in health sciences research. Students will gain an understanding of the rationale for conducting research, study designs, qualitative and quantitative inquiry, principles of instrumentation and measurement, data management and interpretation, and research proposal writing and presentation techniques. Students should be able to apply these concepts to evaluate research done by others.

**HE-299 Independent Study in Health Studies**

**Credits: 3**

Course Type(s): HE.EL

Guided research and in-depth study of an area of health studies of particular interest to the student. Prior permission of the directing professor and department chair is required to take this course.

**HE-315 Critical Research Appraisal**

**Credits: 3**

Prerequisite(s): MA-151 and HE-290

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, HO

This course will introduce the student to key concepts of the critical appraisal of literature within health science and public health. The first section of the course reviews relevant research design and statistical issues that will be helpful in understanding an evidence-based approach to the literature. The second section of the course reviews basic principles of an evidence-based approach and introduces evidence-based issues related to diagnosis and prognosis. The third section of the course introduces evidence-based issues related to intervention. Throughout the course, material presented in lecture will be accentuated with "real-world" data from the literature and the instructor's ongoing research. In addition, the student will have the opportunity to apply an evidence-based approach to answering a scientific clinical research question.

**HE-320 Principles of Health Education**

**Credits: 3**

Prerequisite(s): HE-101 and HE-290 or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, RD

Examination of the principles and practices of health education for adults in the community, including program development and implementation, educational strategies, behavioral objectives, learner characteristics, and institutional assessment. Essential factors for teaching, learning, and motivating clients to make behavioral changes to promote health.

**HE-324 Human Sexuality**

**Credits: 3**

Term Offered: All Terms

Course Type(s): GS, HE.EL, HEPE, NU.EL

Human Sexuality is an introductory course designed to help students reflect on their own personal experience, development, background, and value stance while becoming acquainted with research findings, current concepts, and diverse viewpoints about human sexuality. This information will focus on essential components of human sexuality and their relationship to human development. Social, cultural, and developmental determinants of sexual health will be examined. Content will include: anatomy, physiology, hormones, birth control, sexually transmitted infections, pregnancy/childbirth, sexual development, gender identity, sexual orientation, love, healthy relationships, sexual assault, sexual behavior/variation, and sexuality in media. Also listed as NU-324.

**HE-330 Women's Health**

**Credits: 3**

Term Offered: All Terms

Course Type(s): BI.EL, CD, GS, HE.EL, HEPE

Health care needs and concerns of women from diverse cultures will be examined. This course explores the biological, psychosocial, and sociocultural issues that impact women throughout the lifespan. Topics include the history and status of women's health globally, gender-based violence, sexual and reproductive health, and lifestyle choices that impact health. Throughout the course we will explore the impact of culture, ethnicity, socioeconomic status, systems of oppression, and gender on a woman's ability to be physically, mentally, and emotionally healthy. Also listed as NU-330.

**HE-340 Environmental Health Issues**

**Credits: 3**

Term Offered: All Terms

Course Type(s): BI.EL, GU, HE.EL, HEPE, SUS

A comprehensive study of current environmental, occupational health issues and associated health risks. Focus on the practical applications of assessing environmental, quality and occupational safety. Major topics include: population growth, water quality, use of pesticides, air pollution, food quality, and occupational health. Legal and regulatory issues also considered.

**HE-350 Epidemiology**

**Credits: 3**

Prerequisite(s): HE-290 passed with a grade of C- or higher and MA-151, or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

A study of the basic principles and methods of epidemiology. These include types of epidemiologic studies, choices in study design, measures of disease frequency and association, sources of bias, screening, and applications to public health. The course covers conceptual and practical issues in epidemiologic research and the interpretation of epidemiologic data.

**HE-360 Transcultural Health**

**Credits: 3**

Term Offered: Spring Term

Course Type(s): BI.EL, CD, HE.EL, RE

This course focuses on beliefs and practices by individuals and groups from a variety of cultures. Emphasis is placed on cultural sensitivity, cultural diversity, and implications for health. Differences in cultural beliefs related to health, illness, and the impact on the delivery of healthcare will be examined.

**HE-365 Wisdom, Wellness and Aging****Credits: 3**

Term Offered: All Terms

Course Type(s): CD, HE.EL, HEPE

Provides an understanding of the cross-cultural variations in the status of aging and health in older adults. Examples of various cultures include examining older adults from non-English speaking countries, such as North Korea, South Korea, Iran, Mexico, China, and Brazil. Examines factors that affect the economic, social, and health care decisions made by the older adults from these diverse populations as well as other nations. Topics to be covered include examinations of health implications on aging populations in non-English speaking countries. Compare countries, such as Japan, India, and Nigeria, to explore how their specific culture influences caregiving, social support networks, and community. Specific cultural views of love, intimacy, and sexuality in older adults will be examined. Also listed as NU-365.

**HE-370 Alternative/Complementary Health Therapies****Credits: 3**

Term Offered: All Terms

Course Type(s): BI.EL, GU, HE.EL, HEPE

Cultural origins of Complementary Alternative Medical (CAM) therapies will be discussed. Perspectives of health and healing through co-mingling Eastern Traditional Complementary and Alternative Medicine (TCAM) therapies and Western biomedical practices into an integrative strategy will be examined. Appropriate therapies for health promotion and specific illness contexts, potential risks/benefits, ethical issues addressing treatment choices and global entities that employ CAM therapies will be discussed. There will be an emphasis on choosing CAM therapies that are supported by research as safe and effective. Knowledge of reliable sources of information on the Internet will improve decision making regarding therapies. Also listed as NU-370.

**HE-375 Health in Developing Countries: A Cross-Cultural Perspective****Credits: 3**

Term Offered: All Terms

Course Type(s): BI.EL, GU, HE.EL, HEPE, SUS

Designed to introduce students to the concept of health as a cross-cultural issue. Students will examine their own health beliefs and practices and expand their understanding of health and health issues of the developing world. Contemporary health issues will be analyzed. Health care delivery systems in selected countries in Asia and Africa will be examined and compared to the American health care system. Students are expected to problem solve and postulate solutions to contemporary and emerging health issues. Also listed as NU-375.

**HE-376 Guatemala Public Health****Credits: 3**

Term Offered: Spring Term

Course Type(s): CD, EX3, HE.EL, HEPE

Guatemala Public Health will introduce students to the concepts and practice of public health in a low and middle income country. Students will expand their understanding of health issues that exist in Guatemala and they will deliver a health education lesson to "Las Amigas", Guatemalans who are being trained to be community health care workers. The group will also work on a construction project during the work week. Students and faculty will fly to Guatemala City and travel to Chichicastenango and Antigua and several surrounding towns. This is a hybrid course that involves asynchronous on-line work. Permission of the instructor is required to take this course.

**HE-380 Nutrition and Health****Credits: 3**

Term Offered: All Terms

Course Type(s): HE.EL

An introduction to the physiology of nutrition, basic concepts of normal nutrition and nutrition in chronic disease (such as diabetes mellitus, and cardiovascular disease and obesity) will be explored. A study of the basic nutrients and the gastrointestinal system in its role of digestion, absorption, and metabolism. Food needs of an individual throughout life (birth to old age) will be considered along with necessary dietary modifications caused by decreased activity. Food fads and fallacies will be discussed, as will factors to consider in choosing a healthy diet. Current concerns, such as how safe are the additives in our foods; the role of sugar, salt, and highly processed foods; and alternative therapies, such as herbal remedies and phytochemicals and their potential roles in modern nutrition will be studied. Weight management will be addressed as it relates to medical-nutrition therapy.

**HE-389 Internship in Health and Physical Education****Credits: 1-3**

Term Offered: All Terms

Course Type(s): EX1, HE.EL, HEPE

Supervised, pre-professional field experience in health and physical education. The student will secure an internship site related to his/her interests and career goals. Potential internship sites include health and fitness clubs, community wellness agencies, coaching opportunities, hospitals, corporations, and private services. The student will work fifty hours per credit per term at his/her internship site. Students are required to obtain a faculty sponsor, develop learning objectives at the start of their internship, keep a journal of their internship activities throughout their placement, and write a final paper reflecting upon their internship experience. Also listed as PE-389. This is a pass/fail course. Departmental approval is required to take this course. Junior standing (and others by permission of a faculty advisor), placement opportunity and approval by the Health and Physical Education Department are required to take this course. Limited to Health majors.

**HE-398 Special Topics in Health Education (300 Level)****Credits: 1-3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

This course explores the foundational principles and effective practices of instructional strategies within the context of health education. Students will examine various teaching methodologies, learning theories, and assessment techniques that are applicable in health promotion and education settings.

**HE-399 Independent Study in Health****Credits: 1-3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Guided research and in-depth study of an area of health of particular interest to the student. Prior permission of the directing professor and department chair is required to take this course.

**HE-430 Health Advocacy**

**Credits: 3**

Prerequisite(s): HE-101 and HE-290, and Junior standing; or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Focus is on personal and peer health advocacy. Being healthy involves making decisions that are right for each individual and being part of a community that promotes healthy behaviors. Advocating for individual health requires that the student has the confidence, basic understanding of advocacy, resources, and skills to make proper health decisions. Foster student health advocacy as skills are taught while students grapple with personal and social questions that affect their overall health and the health of others. Put student-health promotion into the hands of the students. They will be required to create a health initiative. These initiatives will foster a healthier Monmouth University community.

**HE-435 Community Health**

**Credits: 3**

Prerequisite(s): HE-101, HE-290, and Junior standing; or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Healthcare of groups and communities; this includes community and public health theories, epidemiology, health promotion, illness prevention, research, ethics, vulnerable populations, and common deviations from health.

**HE-440 Health Policy**

**Credits: 3**

Prerequisite(s): EN-101, EN-102, HE-290 and Junior standing or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, WT

Delves into the core elements that define health policy. Describes factors, such as the healthcare delivery systems (public/non-profits vs. private/for profits), access to care, healthcare financing, quality-of-care issues, and social issues, such as gender and culture, and their impact on health and healthcare. The dynamics of the policy-making process at different levels (federal, state and local) will be explored, along with policy analysis and how policy influences healthcare decisions. The complexities and challenges of healthcare reform will be identified. Also listed as NU-440.

**HE-476 Interpersonal Violence**

**Credits: 3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Examines the various types and patterns of violence related to cultural values, beliefs, biases, and societal issues, as well as the historical perspectives of violence. Course content includes: family, community, youth, and workplace violence; child, domestic, elder, and sexual abuse. Theories concerning gender violence, gangs, bias and hate crimes, and terrorism are challenged. Public health and health care issues related to violence, and primary, secondary, and tertiary-level interventions for victims and offenders of violence are discussed. Individual responsibilities associated with identification and reporting violence are identified. Health care measures to identify and prevent violence are analyzed. Methods of treatment for victims and perpetrators of violence are evaluated. Also listed as NU-476.

**HE-485 Professional Seminar in Health**

**Credits: 3**

Prerequisite(s): HE-101, HE-290, and Junior standing; or permission of the instructor

Term Offered: All Terms

Course Type(s): EX5, HE.EL, HEPE

Provides students with the experiential education requirement for the BS in Health Studies. Students will have a placement in a health setting where they will have the opportunity to work with a health professional and to apply what they have learned in class to the experiential setting. Weekly seminars will be designed to allow the students to share their experiences with their peers.

**HE-489 Internship in Health and Physical Education**

**Credits: 1-3**

Term Offered: Summer Term

Course Type(s): EX1, HE.EL, HEPE

Supervised, pre-professional field experience in health and physical education. The student will secure an internship site related to his/her interests and career goals. Potential internship sites include health and fitness clubs, community wellness agencies, coaching opportunities, hospitals, corporations, and private services. The student will work fifty hours per credit per term at his/her internship site. Students are required to obtain a faculty sponsor, develop learning objectives at the start of their internship, keep a journal of their internship activities throughout their placement, and write a final paper reflecting upon their internship experience. This is a pass/fail course. Departmental approval is required to take this course. Junior standing (and others by permission of a faculty advisor), placement opportunity and approval by the Health and Physical Education Department are required to take this course. Limited to Health majors.

**HE-498 Special Topics in Health**

**Credits: 3**

Course Type(s): HE.EL, HEPE

An intensive study of a particular subject or problem in health education to be announced prior to registration. If a prerequisite is required it will be announced in the course schedule.

**HE-499 Independent Study in Health Studies**

**Credits: 1-3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Guided research and in-depth study of an area of health studies of particular interest to the student. Prior permission of the directing professor and department chair is required to take this course.

**PE-103 Surfing**

**Credits: 1**

Term Offered: Summer Term

Course Type(s): OUTDR

Students will learn the basic skills, history, etiquette, and strategy of surfing. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to surfing. The analysis of skills, etiquette, safety considerations, and strategy will be covered. This course is a physical activity skills course. Skills course: Outdoor Pursuits(Individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode. Student must know how to swim and will be tested by the instruction on their swimming ability.



**PE-104 Biking****Credits: 1**

Term Offered: Fall Term

Course Type(s): OUTDR

Students will learn the basic skills, safety, maintenance, and strategy for bike riding. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to riding and maintaining a bike. The analysis of skills, rules, safety considerations, and strategy will be covered. This course is a physical activity skills course. Skills course: Outdoor Pursuits(Individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-105 Bowling****Credits: 1**

Term Offered: All Terms

Course Type(s): PERF

Students will learn the basic skills, history, rules and strategy for ten-pin bowling. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to ten-pin bowling. The analysis of skills, rules, safety considerations, and strategy of play will be covered. This course is a physical activity skills course. Skills course: Individual-Performance Activities (individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-106 Target and Reaction Games****Credits: 1**

Term Offered: Spring Term

Course Type(s): OUTDR

Students will learn the basic skills, rules and strategies for a variety of target and reaction games. The course will help students develop skills and strategies in target games such as baggo, disc golf, and foot golf. Students will also apply concepts of positioning, anticipation, and decision-making in reaction games such as Rampshot, paddle slam, and KanJam. This course is a physical activity skills course. Skills course: Outdoor Pursuits (Dual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-107 Pickleball****Credits: 1**

Term Offered: Spring Term

Course Type(s): PERF

Students will learn the basic skills, history, etiquette, and strategy of pickleball. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to pickleball. The analysis of skills, etiquette, safety considerations, and strategy will be covered. This course is a physical activity skills course. Skills course: Individual-performance (Dual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-110 Swimming****Credits: 1**

Term Offered: All Terms

Course Type(s): AQUA

Provides a comprehensive foundation for recreational swimming. Students will learn and practice skills associated with proper stroke development, water safety, and improved general fitness. This course is a physical activity skills course. Skills course: Aquatics (individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-112 Lifeguard Certification/Water Safety****Credits: 2**

Term Offered: All Terms

Course Type(s): AQUA

Lifeguard Certification and Water Safety will prepare the student to work as a pool lifeguard. Upon completing the course the student will be able to take American Red Lifesaving and Standard First Aid and CPR for the Professional Rescuer exams. If the student properly performs all required skills and passes all written examinations with a score of 80% or higher the student will earn the American Red Cross Lifeguard Certification. This course is a physical activity skills course. Skills course: Aquatics(Individual). This is a pass/fail course. Student must know how to swim and will be tested by the instruction on their swimming ability.

**PE-116 Badminton****Credits: 1**

Term Offered: All Terms

Course Type(s): PERF

Learn basic skills, history, rules and strategy for a single and double game in badminton. This course is a physical activity skills course. Skills course: Individual-Performance Activities (dual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-117 Social Dance I****Credits: 1**

Term Offered: All Terms

Course Type(s): RHYTH

Students will learn a comprehensive framework for exploring the various dimensions of dance and its significance in contemporary society. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques to increase competence in dance and rhythmic activities. The analysis of skills, basic choreography, etiquette, and safety will be covered. This course is a physical activity skills course. Skills course: Dance/Rhythmic Activities. This is a Pass/Fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode. Also listed as DA-117. This is a pass/fail course.

**PE-118 Social Dance II****Credits: 1**

Term Offered: Spring Term

Course Type(s): RHYTH

Provides a comprehensive foundation for both men and women to successfully perform on any social dance floor. Students will learn introductory steps of the Hustle, Salsa, and Tango. Intermediate/advanced skills of the Viennese Waltz, Foxtrot, and East Coast Swing will be taught. A minimum of eight step patterns per dance will be introduced. Students will practice dance etiquette and social skills, leading to increased confidence for social dancing and improved fitness. In addition, "partner" dance positions and keeping music tempos will be addressed. This course is a physical activity skills course. Skills course: Rhythmic (dual). To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode. This is a pass/fail course. Also listed as DA-118.

**PE-119 Golf I**

**Credits: 1**

Term Offered: All Terms

Course Type(s): PERF

Introduces the basic golf fundamentals, such as basic swings, equipment, rules, terms of the game, drills, etiquette, and playing the course. This course is a physical activity skills course. Skills course: Individual-Performance Activities (individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-122 Ultimate Frisbee**

**Credits: 1**

Course Type(s): GAMES

Students will learn the basic skills, history, rules and strategy for ultimate frisbee. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to game play. The analysis of skills, rules, safety considerations, and strategy of play will be covered. This course is a physical activity skills course. Skills course: Games and Sports (team). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-125 Tennis**

**Credits: 1**

Course Type(s): PERF

Students will learn the basic skills, history, rules and strategy for a singles and doubles game in tennis. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to game play. The analysis of skills, rules, safety consideration and strategy of play will be covered. This course is a physical activity skills course. Skills course: Individual-Performance Activities (dual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-127 Volleyball**

**Credits: 1**

Course Type(s): GAMES

Students will learn the basic skills, history, rules and strategy for playing the team sport of volleyball. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to game play. The analysis of skills, rules, safety consideration and strategy of play will be covered. This course is a physical activity skills course. Skills course: Games and Sports (team). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-128 Yoga**

**Credits: 1**

Term Offered: All Terms

Course Type(s): FIT, HY, OL

Students will learn and practice basic styles of Hatha Yoga. A combination of asanas (physical postures), breathing techniques and relaxation/meditation methods will help students improve fitness levels, reduce stress and enhance mind-body awareness. Emphasis will be placed on proper body alignment and exercise safety. This course is a physical activity skills course. Skills course: Rhythmic (individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-130 Basketball**

**Credits: 1**

Term Offered: All Terms

Course Type(s): GAMES

Students will learn the basic skills, history, rules and strategy for playing the team sport of basketball. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to game play. The analysis of skills, rules, safety consideration and strategy of play will be covered. This course is a physical activity skills course. Skills course: Games and Sports (team). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-131 Soccer**

**Credits: 1**

Term Offered: All Terms

Course Type(s): GAMES

Students are provided with learning experiences that will serve as a basic foundation for teaching the team sport of soccer. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to game play. The analysis of skills, rules, safety consideration and strategy of play will be covered. This course is a physical activity skills course. Skills course: Games and Sports (team). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-132 Softball**

**Credits: 1**

Term Offered: Fall Term

Course Type(s): GAMES

Students will learn the basic skills, history, rules and strategy for playing the team sport of softball. The main emphasis will be placed on skill acquisition with focus on specific movements and techniques important to game play. The analysis of skills, rules, safety consideration and strategy of play will be covered. This course is a physical activity skills course. Skills course: Games and Sports (team). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-142 Pilates**

**Credits: 1**

Term Offered: All Terms

Course Type(s): FIT

Students will apply the principles of Pilates exercises to improve the strength, flexibility and endurance of the core muscles. Consistent Pilates exercise practice will help to improve posture, balance, and coordination; relieve pain and tension; and enhance athletic performance. Students will learn and practice the proper form and technique for a variety of Pilates exercises. Emphasis will be placed on proper body alignment, mind-body awareness and exercise safety. This course is a physical activity skills course. Skills course: Fitness (Individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-143 Endurance Running**

**Credits: 1**

Course Type(s): FIT, OL, HY

Working together to develop and achieve individual endurance running goals while cultivating a life-long love of running in a low-stress, social atmosphere. Pre-and post-run discussions focus on select topics about the history, science, and culture of running. This course is a physical activity skills course. Skills course: Fitness (individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**PE-144 T'ai Chi**

Term Offered: All Terms

Course Type(s): FIT, HY, OL

Students will improve health, mental focus and overall well-being through the practice of QiGong and T'ai Chi. Often called "meditation in motion," this ancient Chinese form of exercise blends graceful flowing movements with breathing and relaxation techniques. Students will learn proper form and technique for a variety of movements, eventually combining them into a simplified adaptation of the Yang Short form of T'ai Chi. Particular emphasis will be placed on the use of T'ai Chi and QiGong to reduce stress and anxiety. This course is a physical activity skills course. Skills course: Fitness Activity. )Individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**Credits: 1****PE-156 High Intensity Interval Training**

Term Offered: Spring Term

Course Type(s): FIT

Learn about and practice low and high intensity cardiorespiratory activities. Activities will also focus on flexibility, muscular endurance and strength. This course is a physical activity skills course. Skills course: Fitness This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**Credits: 1****PE-161 Self Defense**

Term Offered: All Terms

Course Type(s): PERF

Designed to give the student an opportunity to experience physical activity through martial arts training at an introductory level. This course is a physical activity skills course. Skills course: Individual-Performance Activities (Individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**Credits: 1****PE-163 Weight Training**

Term Offered: All Terms

Course Type(s): FIT

Students will develop and practice an individualized, weight-training program using free weights and resistance machines. Proper training techniques, exercise safety and improvement of health and fitness will be emphasized. This course is a physical activity skills course. Skills course: Fitness (Individual). This is a pass/fail course. To pass the course, students must earn the specified amount of points required in three evaluation categories: participation, performance assessment, and a teaching episode.

**Credits: 1****PE-198 Special Topics in Physical Education**

Term Offered: All Terms

Course Type(s): None

An intensive study of a particular subject in physical education to be announced prior to registration. If a prerequisite is required it will be announced in the course schedule.

**Credits: 1****PE-199 Independent Study in Physical Education**

Course Type(s): None

Focus on an area in Physical Education under the direction of a Physical Education faculty member. Prior permission of the directing professor and department chair is required to take this course.

**Credits: 1****PE-201 First Aid/CPR/AED Certification**

Term Offered: All Terms

Course Type(s): PERF

Safety problems that affect the individual, the community, and the nation: a standard course in first aid, including adult, child, and infant First Aid/CPR/AED. If the student attends all courses, properly performs all required skills and passes all written examinations, the student will earn the American Red Cross Adult/Child/Infant First Aid/CPR/AED Certification. This course is a physical activity skills course. Skills course: Individual-Performance Activities (Individual). This is a pass/fail course.

**Credits: 2****PE-203 Instructional Strategies in Physical Education and Health**

Term Offered: Spring Term

Course Type(s): HEPE

This course is designed to introduce future professionals to effective teaching strategies and skills within the context of physical education and health. Grounded by national and state teaching standards, this course emphasizes academic language, curricular models, instructional styles, short- and long-term planning and implementation, instructional and managerial skills reflective practices, and professional responsibility. Lecture sessions are focused upon conceptual foundations of teaching physical education and health. Laboratory sessions devoted to "hands-on," practical applications and observational assessment of lecture concepts in a controlled environment with peers and children.

**Credits: 3****PE-215 Fitness Concepts and Measurements**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Students will gain skills to assess key components of fitness including muscular strength and endurance, flexibility, cardiorespiratory fitness, and body composition. Students will build proficiencies in the design and implementation of exercise programs for both healthy individuals and those cleared for exercise by a medical professional. This course prepares students to take respected and accredited certifications such as the American College of Sports Medicine, the National Strength and Conditioning Association and others. Course content is delivered through lecture and hands-on laboratory experiences.

**Credits: 3****PE-222 International Outdoor Adventure Education**

Term Offered: Spring Term

Course Type(s): FLT, GU, HE.EL, HEPE, NU.EL, OUTDR

This faculty-led study abroad course is designed to introduce students to a variety of outdoor adventure activities in foreign countries while promoting cultural and global understanding. Lecture sessions at Monmouth University in the beginning of the course will highlight content knowledge related to outdoor adventure education, the theories and best practices for developing an outdoor adventure program, and students will explore their individual and collective responsibilities through analytical, practical, or creative responses to issues facing a globally interconnected society. While abroad, students will experience and reflect upon similarities and differences between a host of issuers (i.e., customs, norms, historical influences, language, religion, standard of living, food, art, music, dance, etc.) within the United States and the destination country. Students will describe how they see themselves within the context of that diversity and explore opportunities to interact in a global world. Student must pay additional travel expenses. This course also counts as a Physical Activity Skills Course. Skills Course: Outdoor Pursuits (Individual).

**Credits: 3**



**PE-290 Open Water Scuba Certification Course**

**Credits: 2**

Course Type(s): MEBP, OUTDR

The Open Water Scuba Certification course entails completion of the Professional Association of Diving Instructors (PADI) Open Water Diver course, the world's most popular scuba course. Completion of this course leads to PADI scuba certification as an open water diver. This course is a physical activity skills course. Skills course: Outdoor Pursuits(Individual). This is a pass/fail course. Limited to 8 students. Also listed as BY-290.

**PE-310 Sport and Exercise Psychology**

**Credits: 3**

Prerequisite(s): EN-101, EN-102, and PY-103

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, WT

Explores the psychological determinants and consequences of physical activity, with an emphasis on psychological factors relevant to enhancing sport performance. Students will also analyze key theories in exercise psychology in order to understand exercise's influence on psychological health outcomes.

**PE-320 Exercise Physiology**

**Credits: 3**

Prerequisite(s): BY-111 or BY-211 and BY-112 or BY-212 and 3 credits from subject MA except MA-050, MA-100 and MA-103

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

A scientific foundation for understanding the physiological response and adaptation to exercise training. A comprehensive study of basic theories and practical applications of exercise physiology principles to physical education and sports performance. Focus on metabolic, cardiovascular-respiratory, neuromuscular-skeletal and endocrine systems as they relate to acute and chronic responses to exercise. Environmental concerns, cardiovascular disease risk factors and the immune response to exercise.

**PE-330 Biomechanics and Kinesiology**

**Credits: 3**

Prerequisite(s): MA-105 or higher and BY-111 or BY-211 and BY-112 or BY-212

Term Offered: All Terms

Course Type(s): HE.EL

Introduction to the major principles of biomechanics, providing students with foundational knowledge that allows for the systematic analysis of human movement. Emphasis is placed on analyzing key forces and movement in the context of sport and exercise.

**PE-340 Motor Development and Learning**

**Credits: 3**

Prerequisite(s): BY-111, BY-112 and 3 credits in Math except MA-050, MA-100, MA-101 or MA-103

Term Offered: All Terms

Course Type(s): HE.EL

Introduces students to the fundamental concepts of motor learning and development changes in human movement that occur over the lifespan. Basic research findings and applications of general human growth principles are discussed in relation to the development and acquisition of motor skills. Emphasis will also be placed on theoretical foundations for understanding motor learning principles that can be applied to the teaching and learning of physical activities.

**PE-350 School-Based Physical Activity**

**Credits: 4**

Term Offered: Fall Term

Course Type(s): EX3, HE.EL, HEPE

This experiential education service learning course is designed to introduce students to best practices for promoting physical activity in school-based programs in accordance with theoretical frameworks and empirical evidence associated with movement competencies, physical activity engagement, and prosocial skills for children. Lecture sessions will highlight pedagogical content knowledge related to the facilitation of standards-based, developmentally-appropriate developmentally-appropriate physical activity opportunities for children. Service learning sessions will provide opportunities for students to apply content via planning and facilitating physical activity in a school-based program.

**PE-351 Prevention and Care of Athletic Injuries**

**Credits: 3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

Students will gain foundational knowledge essential for the prevention, assessment, and management of athletic injuries. The course covers evidence-based practices in injury risk assessment, emergency action planning, rehabilitation strategies, and return-to-play protocols for diverse active and athletic populations, including those with special conditions. Students will gain proficiency in designing and implementing comprehensive injury prevention programs while understanding the physiological, biomechanical, and psychosocial factors that influence athletic injury and recovery.

**PE-360 Principles of Coaching**

**Credits: 3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, HY, OL

A comprehensive introduction to the principles, knowledge, and skills that support effective coaching decisions and actions. This course combines national standards, sport science theory and research findings, with practical knowledge and best practices of expert coaches related to the five essential categories of coaching education and professional practice. An emphasis will be placed on the principles of coaching, behavior, teaching, physical training, and management. Ten hours of volunteer/ observation are required in a local youth sport environment which can be completed across weekdays and weekends.

**PE-370 Strength and Conditioning Techniques**

**Credits: 3**

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

This course is designed to prepare students for a career in a fitness, wellness, and exercise-science field. Lecture and laboratory sessions provide students with a hands-on approach to identifying exercises from different training modalities, developing proper exercise technique, selecting appropriate equipment/technology, and applying this information to best practices in teaching and coaching. The course contents include fundamental applications of exercise techniques which are relevant to careers in coaching, exercise science, health & fitness, rehabilitation as well as strength training and conditioning. Emphasis will be placed on weight training and Olympic lifting, body weight and implement training, balance and instability training, corrective exercise, ballistic training, speed and agility training, plyometric training, flexibility training, and facility design. This course helps prepare students for applied segments of certification exams, i.e. the Certified Strength and Conditioning Specialist exam offered by the National Strength and Conditioning Association.

**PE-389 Internship in Health and Physical Education****Credits: 1-3**

Term Offered: All Terms

Course Type(s): EX1, HE.EL, HEPE

Supervised, pre-professional field experience in health and physical education. The student will secure an internship site related to his/her interests and career goals. Potential internship sites include health and fitness clubs, community wellness agencies, coaching opportunities, hospitals, corporations, and private services. The student will work fifty hours per credit per term at his/her internship site. Students are required to obtain a faculty sponsor, develop learning objectives at the start of their internship, keep a journal of their internship activities throughout their placement, and write a final paper reflecting upon their internship experience. Also listed as HE-389. This is a pass/fail course. Junior standing (and others by permission of a faculty advisor), placement opportunity and approval by the Health and Physical Education Department are required to take this course. Limited to Physical Education majors only. Satisfies the Experiential Education General Education requirement.

**PE-398 Special Topics in Physical Education****Credits: 1-3**

Term Offered: All Terms

Course Type(s): None

An intensive study of a particular subject or problem in physical education to be announced prior to registration. If a prerequisite is required it will be announced in the course schedule.

**PE-399 Independent Study in Physical Education****Credits: 1-3**

Term Offered: Summer Term

Course Type(s): None

Reading and research on a selected topic under the direction of a Physical Education faculty member. Prior permission of the directing professor and department chair is required to take this course.

**PE-410 Exercise Testing and Prescription****Credits: 4**

Prerequisite(s): HE-101, PE-320 and PE-330

Term Offered: All Terms

Course Type(s): HEPE

Provides the foundation of knowledge and skills necessary for assessing the health and physical fitness profile and developing effective exercise programs for healthy individuals and those with controlled chronic diseases.

**PE-411 Adapted Physical Education and Health****Credits: 3**

Term Offered: Fall Term

Course Type(s): CD, HE.EL, HEPE

This course introduces students to best practices for teaching individuals with disabilities skills related to health and physical education. Provides basic information on disabling conditions and on how to provide adapted physical education and health programs based upon an individual's assessed needs. It will also introduce students to best teaching practices for providing access to physical education and health curriculum for students with disabilities in inclusive settings. A clinical experience is an integral part of the course providing in school settings to gain practical experience in screening and assessment; identification, selection, and prescription of appropriate exercise programs and in teaching health to students with disabilities. Travel to and from the clinical site is the responsibility of the students.

**PE-489 Internship in Health and Physical Education****Credits: 1-3**

Term Offered: Summer Term

Course Type(s): EX1

Supervised, pre-professional field experience in health and physical education. The student will secure an internship site related to his/her interests and career goals. Potential internship sites include health and fitness clubs, community wellness agencies, coaching opportunities, hospitals, corporations, and private services. The student will work 50 hours per credit per term at his/her internship site. Students are required to obtain a faculty sponsor, develop learning objectives at the start of their internship, keep a journal of their internship activities throughout their placement, and write a final paper reflecting upon their internship experience. Limited to Physical Education majors only. Satisfies the Experiential Education General Education requirement. This is a pass/fail course.

**PE-499 Independent Study in Physical Education****Credits: 1-3**

Course Type(s): None

Reading and research on a selected topic under the direction of a Physical Education faculty member. Prior permission of the directing professor and department chair is required to take this course.