

# PHYSICAL EDUCATION (PE)

## 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**

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.

**Credits: 1****PE-119 Golf I**

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.

**Credits: 1****PE-122 Ultimate Frisbee**

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.

**Credits: 1****PE-125 Tennis**

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.

**Credits: 1****PE-127 Volleyball**

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.

**Credits: 1****PE-128 Yoga**

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.

**Credits: 1****PE-130 Basketball**

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.

**Credits: 1****PE-131 Soccer**

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.

**Credits: 1****PE-132 Softball**

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.

**Credits: 1**

**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****Credits: 1**

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.

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

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.

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

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.

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

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.

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

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.

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

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.

**PE-201 First Aid/CPR/AED Certification****Credits: 2**

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.

**PE-203 Instructional Strategies in Physical Education and Health****Credits: 3**

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.

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

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.

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

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).

**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.