

# PHYSICAL EDUCATION (PHED)

## PHED 2442 Health Education 3 cr

By integrating theory with practice, this course explores conceptions of health and education. Current health models and motivational theories will guide strategies for understanding health education. The course introduces students to conceptions of "active health" that challenge and support models of wellness and wellbeing. May not be held with the former PHED 3440.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 1200 (or the former PERS 1200 or the former PHED 1200).

**Mutually Exclusive:** PHED 3440

## PHED 2710 Human Movement Principles 3 cr

An introduction to the principles of inclusive physical education through the integration of theory, practice and guided reflection pertaining to the development of fundamental movement skills and strategies applied to educational games, gymnastics, and dance. May not hold for credit with PHED 1420. Requires an active Recreation Services membership.

**Mutually Exclusive:** PHED 1420

## PHED 2742 Group Fitness and Leadership 3 cr

(ELC) This course integrates theory and practice necessary to design and lead safe and effective group fitness programs (e.g., interval, circuit, conditioning, choreography). Emphasis is placed on the Manitoba Curriculum Student Learning Outcomes in "Fitness Management", and prepares students for Group Fitness Leader Certification. This course includes a field trip component. Requires an active Recreation Services membership. May not be held with the former PHED 1640 or the former PHED 2630 or the former PHED 2640 or the former PHED 2740 or the former KIN 2740.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: KPER 2320 (or the former KIN 2320 or the former PHED 2320) or permission of instructor.

**Equiv To:** KIN 2740, PHED 2740

**Mutually Exclusive:** PHED 1640, PHED 2630, PHED 2640

## PHED 3102 Indigenous Song and Dance 3 cr

An introduction to a variety of traditional and culturally relevant Indigenous songs and dances representative of Canada's Indigenous peoples, including First Nations, Metis and Inuit, taught using western and traditional teaching styles with an emphasis on hands-on learning. May not be held with the former PERS 4200. A fieldwork fee is attached to the course.

**Mutually Exclusive:** PERS 4200

## PHED 3122 Developmental Games and Activities 3 cr

(ELC) Practical and theoretical aspects of designing educational game experiences applicable to early through senior years physical education, to include the design, implementation, and assessment of safe and inclusive physical activities as well as planning, organizational and teaching strategies. Introduces students to Manitoba Curriculum Student Learning Outcomes in "Movement Safety, Personal and Social Management". May not be held with the former PHED 2720 or the former PHED 2650.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: PHED 2710 or permission of instructor.

**Equiv To:** PHED 2650, PHED 2720

## PHED 3362 Culturally Relevant Pedagogies 3 cr

(Lab required) An investigation of physical health and education from a critical theorist perspective, that is, one that investigates the different relations of power and privilege (based on ability, gender, race, socio-economic class, sexuality etc.) experienced within education and physical activity contexts. The physical education experiences of young people from diverse backgrounds will be analyzed from a holistic perspective. May not be held with the former PHED 3100 or the former PHED 3360.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: PHED 3122 or the former PHED 2720.

**Equiv To:** PHED 3360

**Mutually Exclusive:** PHED 3100

## PHED 3522 Coaching the High Performance Athlete A 3 cr

The development of advanced technical and theoretical expertise in coaching, including conflict management, psychology of performance, effective leadership, making ethical decisions, and practice planning. The course prepares students to be "Trained" in the Competition-Developmental level of the National Coaching Certification Program (NCCP). The student must demonstrate a high level of proficiency as an athlete, coach or official in their sport. May not be held with the former PHED 3520 or the former KIN 3520.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: Faculty permission and 45 credit hours of university course work.

**Equiv To:** KIN 3520, PHED 3520

## PHED 3532 Coaching the High Performance Athlete B 3 cr

The development of advanced technical and theoretical expertise in coaching, including prevention and recovery, leading drug free sport, developing athletic abilities, and designing a basic sport program. The course completes the fully "Trained" component of the Competition-Development level of the National Coaching Certification Program (NCCP). May not be held with the former PHED 3530 or the former KIN 3530.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisites: PHED 3522 or the former PHED 3520 or the former KIN 3520.

**Equiv To:** KIN 3530, PHED 3530

## PHED 3722 Coaching Theory and Practice 3 cr

(Lab required) An introduction to the theoretical and practical aspects of coaching at the community and school level, including the examination of topics of philosophical, psychological, ethical and technical significance. The course introduces students to the National Coaching Certification Program (NCCP) of Canada and the coach certification pathway. May not be held with the former PHED 2400, the former PHED 2402, the former KIN 3720, or the former KIN 3730, or the former PHED 3050.

**Mutually Exclusive:** KIN 3720, KIN 3730, PHED 2400, PHED 2402, PHED 3050

## PHED 3732 Dance and Rhythmic Activities 3 cr

(ELC) Practical and theoretical aspects of designing dance and rhythmic activity experiences applicable to early through senior years physical education, to include the design, implementation, and assessment of safe and inclusive physical activities as well as planning, organizational and teaching strategies. Incorporates Manitoba Curriculum Framework of Outcomes for K to 8 dance (2011) and Grade 9-12 dance (2015). May not be held with the former PHED 2730 or the former PHED 3410.

**PR/CR: A minimum grade of C is required unless otherwise indicated.**

Prerequisite: PHED 2710.

**Equiv To:** PHED 2730, PHED 3410

**PHED 3750 Lifestyles Activities 3 cr**

An introduction to the knowledge, skills, and attitudes that aid in the development of lifelong physically active and healthy lifestyles. May not hold for credit with KIN 3750 (REC 3750). Requires an active Recreation Services membership. Note: A fieldwork fee is attached to the course.

**Equiv To:** KIN 3750, REC 3750

**PHED 3760 Diverse Populations Mentorship 3 cr**

Practical and theoretical aspects of designing physical activity experiences for students from diverse population, including on site leadership opportunities in a multicultural school context. Evaluated pass/fail.

**PHED 3770 Indigenous Games and Activities 3 cr**

This course will provide Indigenous and non-Indigenous students with a unique opportunity to explore, in theory and practice, traditional and contemporary world views related to historical, cultural, and environmental approaches to Indigenous games and activities.

**PHED 4710 Outdoor Education 3 cr**

To introduce the students to the basic outdoor skills associated with summer/winter backpacking/cross-country skiing/snow shoeing trips. Students will then learn to use a variety of outdoor settings for education opportunities on a variety of topics and disciplines. May not hold for credit with KIN 4710 (REC 4710). A fieldwork fee is attached to the course.

**Equiv To:** KIN 4710, REC 4710