

Department of Kinesiology and Physical Education

*Dr. Sonya L. Sanderson, Interim Department Head
Room 168, Physical Education Complex*

The Department of Kinesiology and Physical Education offers a master's program (M. Ed.) with a major in health and physical education and an educational specialist program (Ed. S.) with a major in coaching pedagogy in physical education. Both programs are fully online and require candidates to research, design, develop, implement, evaluate, and disseminate innovative educational and/or coaching practices.

- Master of Education Degree with a Major in Health and Physical Education (<http://catalog.valdosta.edu/archive/2018-2019/graduate/graduate-degree-programs/education-human-services/kinesiology-physical-education/med-health-physical-education>)
- Master of Arts in Teaching in Education with a Concentration in Health and Physical Education (<http://catalog.valdosta.edu/archive/2018-2019/graduate/graduate-degree-programs/education-human-services/kinesiology-physical-education/mat-health-physical-education>)
- Education Specialist Degree with a Major in Coaching Pedagogy in Physical Education (<http://catalog.valdosta.edu/archive/2018-2019/graduate/graduate-degree-programs/education-human-services/kinesiology-physical-education/eds-coaching-pedagogy-physical-education>)

KSPE 6101. Foundations and Technology in Health and Physical Education. 3 Hours.

An introduction to the historical, theoretical, practical principles and technologies of physical education and sport.

KSPE 6150. Applied Sports Science. 3 Hours.

The scientific study of human motion as applied to physical activity, fitness, and human performance. Primary course content will include motor learning, skill analysis, aspects of exercise physiology, and nutrition.

KSPE 6200. Nutrition for Health and Human Performance. 3 Hours.

An introduction to the characteristics of the essential dietary nutrients and their respective roles in the body. Emphasis is placed on the effects of nutritional practices on health and human performance.

KSPE 6220. Management of Physical Education Programs. 3 Hours.

A study of administrative theory and principles as they relate to the process of planning, organization, supervision, personnel, budget, facility design, risk management, and other issues that are related to operating physical education and sport programs in educational and community settings.

KSPE 6301. Contemporary and Comprehensive Health Issues. 3 Hours.

A study of contemporary and comprehensive health issues. Emphasis is placed primarily on content of each health category across elementary, middle, and secondary school levels.

KSPE 6401. Instructional Planning and Evaluation. 3 Hours.

Provides the student with pertinent information relative to basic instructional and planning methodologies, basic statistics, data analysis, assessment and evaluative procedures and instruments across the psychomotor, cognitive, and affective domains. Students will apply this content within health and physical education settings.

KSPE 6500. Workshop in Coaching Athletics. 3 Hours.

A workshop dealing with the techniques and strategies of football, basketball, baseball, and track. General topics relating to the psychology of coaching to administrator's problems and to physiological principles are also covered.

KSPE 6700. Elementary Physical Education Methods and Content. 3 Hours.

Prerequisite: KSPE 2999. A study of physical education methodologies and content for preschool through fifth grade public school students. Field experiences are required.

KSPE 6710. Middle Grades & Secondary Physical Education Health Methods & Content. 3 Hours.

Prerequisite: KSPE 2999. A study of physical education methodologies and health instructional content for middle grades and secondary public school students. Field experiences are required.

KSPE 6790. Student Teaching in Health and Physical Education. 5 Hours.

Prerequisites: Completion of all requirements to student teach as listed in the university's undergraduate catalog. Graded "Satisfactory" or "Unsatisfactory". The students' reflect on educational practices and refinement of concepts emanating from their teaching experiences. Required for candidates who are not currently employed in a P-12 setting.

KSPE 6800. Student Teaching Seminar in Health and Physical Education. 1 Hour.

Prerequisite: Completion of all requirements to student teach as listed in the university's undergraduate catalog. Graded "Satisfactory" or "Unsatisfactory". Reflection of educational practices and refinement of concepts emanating from the teaching experience. Required for candidates who are not currently employed in a P-12 setting.

KSPE 6890. Internship in Health and Physical Education. 5 Hours.

Prerequisite: Completion of all requirements to student teach as listed in the university's undergraduate catalog. Graded "Satisfactory" or "Unsatisfactory". The students reflect on educational practices and refinement of concepts emanating from the student teaching experience. Required for candidates who are currently employed in a P-12 setting.

KSPE 6900. Internship Seminar in Health and Physical Education. 1 Hour.

Prerequisite: Completion of all requirements to student teach as listed in the university's undergraduate catalog. Graded "Satisfactory" or "Unsatisfactory". Reflection of educational practices and refinement of concepts emanating from the teaching experience. Required for candidates who are currently employed in a P-12 setting.

KSPE 6911. Diversity in Sport and Physical Education. 3 Hours.

Prerequisite: KSPE 2999. Introduction to physical education and sport for exceptional children and diverse populations. An overview of litigation and federal laws pertaining to human diversity in physical education and sport, including diverse cultures, physical differences, communication diversity, behavior differences, sensory diversity, and family diversity. Field experiences are required.

KSPE 7110. Physical Education for Exceptional Learners. 3 Hours.

A study of pedagogical and content best practices in planning, implementing, and adapting existing programs of physical education and activity programs for special needs students. In addition to programmatic content, students will also receive instruction in administrative practices and policies and special needs legislation in education.

KSPE 7120. Physical Education Pedagogy. 3 Hours.

A critical study of teaching skills that have been shown to be effective in fostering student achievement, including teacher planning, classroom management, discipline, diversity, and professionalism and ethics.

KSPE 7130. Curriculum Development in Physical Education. 3 Hours.

A study of educational curriculum theory, curriculum development, and curriculum models for physical education. National and state standards for physical education will be used to inform curriculum development decisions, and research related to curriculum design will serve as the basis for content development.

KSPE 7140. Program and Content Development I. 3 Hours.

Design of educational game and fitness experiences utilizing the development curriculum model and tactical games model platforms. Additional specific examples of content development and pedagogical strategies will be emphasized. Field experience instruction (public/private school lesson delivery) is a requirement for this course.

KSPE 7141. Technology Application in Physical Education. 3 Hours.

A study of research and the developing of varied technological applications and practices utilized in the delivery and assessment of physical education.

KSPE 7150. Assessment and Applications in Physical Education. 3 Hours.

A study of effective assessment development, administration, and results application to planning and instruction based on student achievement in Pre-K-12 physical education within the cognitive, psychomotor, and affective domains of learning.

KSPE 7160. Human Kinetics. 3 Hours.

Scientific study of human motion as applied to physical activity, fitness, and human performance. Primary course content will include motor learning, skill analysis, aspects of exercise physiology, and nutrition.

KSPE 7170. Program and Content Development II. 3 Hours.

Design of dance/rhythms-driven and gymnastics content experiences within the context of varied curricular models and pedagogical strategies. Field experience instruction (public/private school lesson delivery) is a requirement for this course.

KSPE 7171. Innovative Health-Related Fitness Applications in Physical Education Program. 3 Hours.

A study of health-related physical activity (fitness) content development and delivery options. They will be researched in order to foster improved program and instructional expertise within the advanced candidates' current teaching contexts.

KSPE 7180. Interdisciplinary Physical Education. 3 Hours.

An in-depth study of the fundamentals of interdisciplinary physical educations, including interdisciplinary teaching models, used for organizing content, collaborating with others, and creating meaningful activities that impact student learning in physical education.

KSPE 7200. Contemporary Issues in Health and Physical Education. 3 Hours.

An exhaustive inquiry and discussion of contemporary personal, public health and physical education issues at the local, national, and international levels with special emphasis on the effects of these issues on health and physical education.

KSPE 7230. Psychology of Sport. 3 Hours.

The relationship between sport and pertinent psychological principles is investigated. In-depth analysis of research in the area is also undertaken.

KSPE 7250. Ethics in Sports. 3 Hours.

An investigation of the ethical issues involved in sports and society. This investigation will proceed by applying philosophical techniques in ethical problem-solving. The course will consider what these problems are, how they arise, and possibilities for how they may be solved.

KSPE 7260. Professional Practices. 3 Hours.

Development of a foundation of research concerning the content and practices needed to become a reflective practitioner of physical education, including strategies for self-assessment, problem-solving, and supervision. Supervision strategies will also be researched.

KSPE 7261. Contemporary Program Development. 3 Hours.

An overview of varied contemporary program options for developing new courses within physical education programs that foster the most innovated content within P-12 settings.

KSPE 7300. Special Topics in Physical Education. 1-6 Hours.

Prerequisite: Permission of the instructor. Permits the development of special topics or issues in the areas of health, physical education, health education, exercise science, and sports medicine.

KSPE 7400. Directed Study in Health Sciences and Physical Education. 1-6 Hours.

Prerequisite: Approval of Area Coordinator, Graduate Coordinator and Department Head. Development and in-depth study of an approved topic of interest pertinent to the fields of health sciences and physical education.

KSPE 7900. Internship. 1-6 Hours.

Prerequisite: Approval of advisor, Program Coordinator, Graduate Coordinator, and Department Head. Provides the student with an opportunity to apply what they have learned in the classroom to actual working situations, as well as learn from professionals they will work with in the field.

KSPE 7910. Capstone Seminar in Physical Education. 3 Hours.

Prerequisites: Student must be enrolled for the final semester of the program of study. Reflection and discussion of content and professional practices relative to the program of study. The professional presentation requires students to look across the program of study, present that learning, and extend it through research to colleagues within the advanced candidates' schools or related settings. Each presentation is peer-reviewed and then presented electronically to the faculty.

KSPE 8100. Studying Sports Coaching. 3 Hours.

Foundations required to examine and establish innovative coaching programs and to study the literature on coaching. This course is designed to develop an in-depth understanding of coaching in education and the promotion of quality athlete lifestyles through evidenced-based knowledge and application. The course provides the opportunity to reflect on and develop the student's knowledge and understanding of coaching, of self, and of athletes.

KSPE 8110. History, Sociology and Psychology of Sport. 3 Hours.

Examination of the sociology and psychology of sport from a historical and applied perspective. Beginning with a history of sport, students will use historical and current literature to understand the sociological and psychological factors affecting sport coaching within the United States as well as European/Australian models of sport.

KSPE 8200. Coaching Sciences. 3 Hours.

Provides required information to recognize, assess, and respond to athletic emergencies as a prudent coach. The course will allow coaches to develop appropriate methods of conditioning to promote safe and effective practices.

KSPE 8210. Sport Coaching Pedagogy. 3 Hours.

A study of essential information required for planning, instruction, and assessment of athletes to enhance current coaching practices of the advanced candidates, who will develop appropriate teaching methods based on pedagogical content knowledge and sport-specific contexts.

KSPE 8300. Applied Sports Science. 3 Hours.

Application of various science-related fields of study to the coaches' instructional context in order to enhance current coaching practices of advanced candidates, who will use learning from exercise physiology, biomechanics, motor development, sports management, and nutrition to enhance sport programs, coaching practices, and athletic outcomes.

KSPE 8400. Workplace Coaching Analysis and Evaluation. 3 Hours.

Development and analysis of coaching practices in the workplace. This course will facilitate the improvement of methods of practice, and the generation of original solutions to coaching problems through reflection, synthesis and the application of evidence based strategies to a range of complex issues in coaching. Focus is on designing and implementing training, and practice programs to promote safe and effective development of athletes.

KSPE 8410. Coaching Pedagogy: Evaluating Research. 3 Hours.

Introduction of both qualitative and quantitative research methodologies and the utility of each in sport coaching scholarship. Essential elements, inherent weakness, and key strengths of applicable research designs will be evaluated and critiques using current research in sport coaching education.

KSPE 8500. Coaching Pedagogy Research Methods. 3 Hours.

Provides the required information to produce publishable research, critique literature, develop research methods, design, and perform analysis of information collected through various scientific methods. The course will allow coaches to develop appropriate methods to qualitatively and quantitatively reflect and defend or append their styles of instruction.

KSPE 8600. Professional Coaching Development. 3 Hours.

Designed to help coaches critique their coaching behaviors, learn professional coaching standards, be updated on current coaching issues dealing with diversity, legal ethical, moral responsibilities, and title IX. Coaches will create an athlete centered sports system while applying a variety of effective coaching methods to develop athletic performance.

KSPE 8700. Communication Skills for Coaches. 3 Hours.

Designed to adopt strategies and languages to establish and maintain good, appropriate coach to player relationships, coach, to assistant coaches, and coach to parent relationships. Coaches will understand a variety of coaching styles, effective recruiting strategies and how to utilize constructive criticism, listening skills, questioning techniques and evaluation procedures.

KSPE 8800. Coaching Pedagogy: Action Research. 3 Hours.

Action research focused on efforts to improve the quality and organization of coaching performance. It typically is designed and conducted by practitioners who use assessments and then analyze the data to improve their own practice.

KSPE 8900. Coaching Pedagogy Capstone: Data Analysis Research Project. 3 Hours.

A capstone experience culminating with reflective practice upon the program of study. This course provides the opportunity to review and reflect on the student's individual program of study with regard to how it did, and will in the future, impact their performance in their chosen field. The capstone course will prepare the students for the final defense of his/her program of study.