

# Physical Education

## at Benedictine University

### Why study physical education at Benedictine?

Studies have shown that an active lifestyle is directly related to a longer, healthier life. The physical education program at Benedictine University imparts an understanding of the positive impact of a healthy lifestyle and an appreciation for daily physical activity. It addresses the significant health problems young people face today in the area of exercise, obesity, nutrition and knowledge of healthful living.

Benedictine University's physical education program is designed for students who want to be on the forefront on new thinking and practices in the field of physical education. It is based on PE4Life®, which emphasizes assessment of the individual student and an individualized program of exercise and healthful living designed to develop that student's physical functioning. Students benefit from Benedictine's outstanding reputation in teacher education, and the strengths of our programs in exercise physiology, nutrition and health.

Students who major in physical education at Benedictine University have access to one of the premier exercise physiology laboratories in the Midwest in the Birck Hall of Science. They also have access to Benedictine's training facilities and the Village of Lisle-Benedictine University Sports Complex.

Physical education contributes to the physical, emotional, mental and social development of the individual, and reflects the Benedictine value of a life lived in balance.

### How does the program work?

When you major in physical education at Benedictine University, you will follow a four-year plan of liberal arts and education courses. You will become grounded in the relevant basic sciences and developmental physical activities. You will also learn the sports and coaching skills that are used in schools today. All students will be required to complete field experiences throughout the program in elementary and secondary educational school environments.

### What careers are available with a physical education degree?

A degree in physical education opens the door to a number of exciting and dynamic careers. Graduates can choose a career in recreation, sports coaching, athlete conditioning, corporate fitness and wellness consulting. The degree program can be combined with Benedictine's concentrations in sports marketing and sports management. Students with a degree in physical education can pursue graduate studies in exercise physiology or community health. Primarily, a degree in physical education prepares a student to become a teacher in an elementary, middle or secondary school environment.

# Recommended Program

## Bachelor of Arts in Physical Education

### FRESHMAN

Writing Colloquium	3
Math (MATH 108 or 110)	3
American Government	3
Introduction to Chemistry	3
Religious Studies (Core)*	3
	<b>15</b>

Research Writing	3
Basic Speech Communication	3
Nutritional Science (NUTR 200)	3
English/Literature (Core)*	3
Philosophy (Core)	3
Economics (Core)	3
	<b>18</b>

### JUNIOR

Instructional Strategies/Team Sports	3
Growth/Development of Children and Adolescents	2
Measurement and Evaluation	3
Applied Exercise Science	4
Basic Dance/Rhythms	2
Survey of Exceptional Children	3
	<b>17</b>

Methods/Principles Middle School	3
Preclinical/Middle School	0
Adaptive Physical Education	3
Instructional Strategies/Individual Sports	3
Health Education	3
Cultural Heritage (HUMN 250)	3
Aquatics	2
	<b>15</b>

\* Select one course to meet multicultural requirement

### SOPHOMORE

Fine Arts/Music (Core)*	3
Cultural Heritage	3
Philosophy/Foundation of Physical Education	3
Assessment/Teaching Lifetime Fitness	2
Educational Psychology	3
American History	3
	<b>17</b>

History and Philosophy of Education	3
Preclinical (70 hour preclinical)	1
Technology for Teachers	3
First Aid/Prevention/Care of Injuries	3
Cultural Heritage	3
Human Physiology/Anatomy (Core/Lab)	4
	<b>17</b>

### SENIOR

Methods Teaching Physical Education	3
Preclinical/Methods Physical Education	0
Administration of Physical Education	3
Philosophy/Methods Coaching	3
Assessment/Evaluation Physical Education	3
Experiential Curriculum Design	3
	<b>15</b>

Student Teaching Elementary Physical Education	6
Student Teaching Secondary Physical Education	6
	<b>12</b>