

# PE AND HEALTH (PEHX)

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## **PEHX 500 Athletic Speed and Agility 3 credits**

Success in sports results from several factors, the most popular of which are skill and strength. However, two areas that are often overlooked are speed and agility. Many believe that athletes are born fast and agile and that training can't overcome deficiencies in these skills. However, with the right programs, coaches can help athletes enhance and build upon both of these areas. Although speed and agility training differs depending on the sport and level, all coaches can benefit from developing a deeper understanding of what speed and agility training looks like for all sports. In this course, you will develop speed and agility programs that will enhance your athletes' performance regardless of what sport you coach or your athletes' level of proficiency. The course takes a close look at plyometrics, a form of exercise that involves rapid and repeated stretching and contracting of the muscles. You will examine how physical features either allow or prevent athletes from developing speed, and you will create strategies for overcoming these obstacles while limiting injuries. With the techniques you learn in this course, you will be able to coach all of your students to increase these essential athletic skills regardless of innate ability. This course is offered through Advancement Courses.

## **PEHX 501 Basketball John Wooden's Way 3 credits**

Arguably the most successful college basketball coach of all time, John Wooden not only had a passion for coaching but also a passion to share his story with other coaches so that they could learn from his success. His leadership, dedication, knowledge, and discipline are something all coaches can learn from. In this course, the coach will learn the strategies and characteristics of good coaching through studying the life and career of John Wooden. The coach will understand Coach Wooden's UCLA offense and seek to implement some of its key strategies with his or her own team. By the end of the course, the coach will be able to design a coaching structure that instills both discipline and character into his or her athletes, while also implementing effective basketball drills, strategies, and techniques. This course is offered through Advancement Courses.

## **PEHX 502 Coaching Students Toward College 3 credits**

Most students enter high school believing that they will attend college afterward, but not all students end up matriculating. Clearly, some students struggle with turning their collegiate desires into reality. To coach students toward college, educators need to consider students' academic preparation, social-emotional skills, and the support of families and community members in helping each student enter (and finish) college. In this course, you will learn how to better support students in their journey to college. Whether you're a teacher, counselor, or administrator, you can employ numerous strategies to motivate students, parents, and the community to work together for students' success. You'll learn how to cultivate a college-going culture at your school, and you'll also assemble resources that you can share with students on how to apply for admission and financial aid. Finally, you'll learn how to support students' transition from high school to college, including re-evaluating the purpose and value of a college degree. Using the strategies from this course, you will be able to nurture students' desire and ability to apply to colleges that will set them up for success in their lives and careers. This course is offered through Advancement Courses.

## **PEHX 503 Coaching the Female Athlete 3 credits**

There's no denying that male and female athletes are different. Besides physical distinctions, they also react differently to issues such as team building, self-esteem, and coaching techniques. Girls bring a unique set of strengths and challenges to the playing field, and their coaches play a key role in bringing out the best in them. In this course, you will examine the characteristics that female athletes value in coaches and how you can exemplify these qualities in your coaching philosophy. You'll learn how to build strong chemistry and teamwork on a girls' team, beginning with tryouts and all the way through practices and competitive play. In addition, you'll develop strategies for fostering female athletes' drive and self-esteem to help them build a confident, winning mindset. Using the techniques from this course, you will be able to empower your female athletes to develop the confidence and assertiveness that will not only strengthen their athletic performance, but also help them in life off the field. This course is offered through Advancement Courses.

## **PEHX 504 Game On! Getting Kids Pumped in P.E. Class 3 credits**

Getting kids motivated in the gym can sometimes be as challenging as motivating them when they're sitting behind a desk. In this course, you will cultivate an array of motivational strategies to engage students in effective P.E. instruction and help them understand the benefits of physical activity on their mental, emotional, and physiological well-being. You will learn to incorporate intrinsic and extrinsic techniques to empower students with the skills they need to enjoy a lifetime of physical activity. In addition, you will develop strategies to reach all learners, including English language learners, students with special needs, students from culturally diverse backgrounds, and exceptional athletes. With the techniques you learn in this course, you will be able to build a culture of enthusiasm and engagement from all students in your P.E. class, regardless of physical ability. This course is offered through Advancement Courses.

## **PEHX 505 Health, Wellness, and Fitness: A New Look 3 credits**

The prevalence of obesity in children has more than tripled in the last three decades. Obesity is a major concern for not only students' physical health, but also their mental health, as it can lead to higher rates of bullying and depression. Because children spend a great deal of time in school, teachers can have a powerful positive influence on their development of healthy habits. Healthy students likely lead to healthy adults, and making smarter decisions regarding physical, nutritional, and mental health helps promote sharper minds and stronger learning opportunities. In this course, you will curate a list of activities that promote physical fitness in your elementary, middle, or high school students. You will learn techniques to foster multiple dimensions of student health, including emotional well-being, stress reduction, nutrition, and physical fitness. By the end of this course, you will be armed with the knowledge and strategies you need to create a culture of health and wellness in your classroom and beyond. This course is offered through Advancement Courses.

**PEHX 506 Identifying and Preventing Eating and Exercise Disorders 3 credits**

Many young men and women in today's society are dissatisfied with their bodies. The pressure to achieve cultural body image ideals starts as early as age 6, and often results in eating and exercise, or "activity," disorders. Eating disorders have the highest death rate of any psychiatric illness and can lead to serious physiological problems. In this course, you will learn to recognize the signs that a student—female or male—may be at risk for or suffering from an eating or exercise disorder. For these children and teens, early and sensitive intervention is key, so you will learn how to approach students to get them the professional help they need. You will also study common causes and symptoms of exercise and eating disorders so you can help students establish a healthy body image and positive relationship toward food and exercise. Using the knowledge and strategies from this course, you'll be equipped to not only recognize and intervene with students who have eating and exercise disorders, but also help every student in your class establish a positive body image and healthy eating habits. This course is offered through Advancement Courses.

**PEHX 507 Integrating Health and Wellness into the Elementary Classroom 3 credits**

As teachers, we hope that every lesson we teach students will stay with them for a lifetime. But few other lessons have as many long-lasting implications as teaching students how to make healthy choices. These skills can increase students' life spans as well as their happiness, so it's incredibly valuable to start as early as elementary school to set them up for a lifetime of success. In this course, you will explore how to integrate health and wellness across multiple subject areas, including literacy, math, science, and social studies. You'll learn highly practical techniques for how to incorporate more physical activity into your classroom, ranging from brain breaks to using movement in your daily lessons. In addition, you'll learn how to foster students' social–emotional health and well-being, and how to promote wellness through school-wide programs and initiatives. Equipped with the knowledge and strategies from this course, you will be able to positively impact both your students' and your school community's overall health and wellness for years to come. This course is offered through Advancement Courses.

**PEHX 508 Integrating Technology into the PE Classroom 3 credits**

PE is not a class where you normally imagine using technology; in fact, PE may sometimes feel like a school's only chance to get students away from screens. However, when implemented correctly, technology can be a dynamic and engaging force in your PE class, for both you and your students. In this course, you will learn how to use technology to enhance the planning, instruction, activities, and assessments in your PE class. You will develop strategies for using video to demonstrate physical techniques and offer feedback on students' performance; using apps and games to measure and motivate student achievement; and using digital organization tools to create and store powerful lesson plans that you can use for years to come. As part of your coursework, you will explore several examples of apps and tools you can start using in your classroom today to help you improve your own and your students' experience. Using the tools and techniques from this course, you will be able to use technology not only to enhance your own planning and instruction, but also to motivate students to greater physical activity. This course is offered through Advancement Courses.

**PEHX 509 Motivating Student Athletes and Sport Psychology 3 credits**

Motivation is an energy—an energy to do, to accomplish, to succeed. Without motivation, a sports team will never flourish or win. Therefore, the ability to effectively motivate athletes is essential for any coach who wants to lead a successful team. In this course, you will explore the secrets behind motivation. You will learn how to cultivate the qualities of a good coach, including discovering your personal leadership style, and how to effectively lead your athletes through the team-building process to forge a cohesive, high-functioning team. In addition, you'll take an in-depth look at the psychology behind the behaviors and performance of athletes so you can use psychologically based exercises to maintain a unified, high-functioning team. By the end of this course, you will be able to employ psychological and leadership principles to motivate your student-athletes and create a unified, high-achieving team. This course is offered through Advancement Courses.

**PEHX 510 Shaping Authentic PE Instruction in the 21st Century 3 credits**

PE teachers play an essential role in providing students with the knowledge and skills they need to engage in a lifetime of health and fitness. A high-quality PE program offers students more than just skill development and physical activity; it also emphasizes student learning in the cognitive, affective, and psychomotor learning domains. In this course, you will gain the resources you need to create and implement a high-quality PE program that aligns with the SHAPE America National Standards. You'll examine best practices for implementing direct instruction, feedback, management, and observation; for using Bloom's Taxonomy to develop your students' cognitive, affective, and psychomotor skills; and for incorporating simple to complex tasks that will build students' abilities in PE. You'll also acquire the strategies you need to advocate for, design, modify, implement, and assess effective PE instruction that addresses the needs of students of all learning and physical abilities. Using the techniques and resources from this course, you'll be able to create authentic PE activities that will engage your students, motivate them to participate in PE, and develop their mental, emotional, and physical skills. NOTE: If you have taken the Advancement Courses online course, Let's Move! Authentic PE Instruction for the 21st Century, we advise you not to take this course, as its contents are similar. You may, instead, take one of our other courses in PE. This course is offered through Advancement Courses.

**PEHX 511 Sports and Games: Using Instructional Models in PE 3 credits**

The days of uninspired and unorganized play are over! As PE teachers, we can sometimes struggle to find activities that both engage students and align with national standards. However, this course will give you the tools you need to do just that. In this course, you'll develop strategies for identifying competency-based, goal-oriented games that are appropriate for K–12 physical education, as well as tools for evaluating students as they develop a lifelong interest in fitness. You'll learn best practices for creating effective PE instruction, and how to modify your teaching to interest and encourage students who are English language learners, come from different cultural backgrounds, have special needs, or exhibit exceptional athletic talent. In addition, you'll explore instructional and assessment approaches such as direct instruction, the Sport Education Model, and Teaching Games for Understanding. By the end of the course, you'll be able to design and implement authentic activities that meet the learning needs and interests of all your students. This course is offered through Advancement Courses.

**PEHX 512 Stretching Bodies and Minds: Using Yoga to Enhance Student Focus and Motivation 3 credits**

For thousands of years, the world has embraced the practice of yoga as one of the best ways to calm the mind, build physical strength and balance, increase confidence and emotional resilience, and improve focus and concentration. But did you know that practicing yoga in the classroom can also enhance classroom instruction by preparing students to listen, focus, and learn? In this course, you'll learn when to incorporate yoga activities into the school day and how your students can gain the benefits of yoga with little instructional time. Even if you lack prior yoga experience, you'll gain the tools you need to explain yoga to your students and make yoga activities easy for them. You'll acquire strategies to effectively implement a wide variety of yoga exercises and poses in your classroom, including those that settle students at the beginning of class, refocus students when their attention wavers, calm and center students before assignments and tests, and build their confidence and self-regulation. Using the techniques from the course, you'll be able to include yoga practices in your instruction, which will help your students develop the social-emotional, cognitive, and physical skills they'll need beyond the classroom. This course is offered through Advancement Courses.

**PEHX 513 Teaching Beginning Golf: The Basics 3 credits**

Although golf is a lifelong sport enjoyed by people of all ages, teaching and learning the basics of golf can be challenging. To be successful golfers, students must master countless techniques, including a deep understanding of the golf swing, proper putting and chipping techniques, and how and when to use clubs, drivers, and woods. This course will teach you how to navigate the difficulties of teaching golfing fundamentals with patience and ease. Beginning with how to evaluate a beginning golfer's swing, you will learn how to enhance your students' skills through proper body positioning, swinging form, and club choice. You will also cultivate tools and strategies to correct common errors and teach the vocabulary terms and sporting principles necessary to create successful golfers. By the end of the course, you will have created a plan that supports beginning golfers to master proper techniques and strategies integral to success on the golf course. This course is offered through Advancement Courses.

**PEHX 514 Teaching Golf: From 40 Yards In 3 credits**

Often when students imagine golf, they think of the idyllic driver swing that sends the golf ball flying hundreds of yards into the sun. However, physical education teachers know that a successful golf game requires more skills and more nuance than what students normally imagine when they pick up a golf club. In this course, you will review the fundamental skills in the short game of golf and how to instill them in your students. You'll develop strategies for teaching the proper terminology, types of shots, club choices, and safety and etiquette. You'll also develop techniques for improving practical skills such as bunker play, chipping, and putting. By the end of this course, you will have the knowledge and strategies you need to motivate, support, and engage your student athletes in the critical aspects of the short game of golf. This course is offered through Advancement Courses.

**PEHX 515 Teaching Healthy Habits to Prevent Childhood Obesity 3 credits**

It's no secret that America has an obesity problem, or that obesity can impact even our youngest students. Overweight children endure long-term physical, psychological, and social problems, and it can be overwhelming trying to figure out how to address these issues in a classroom setting. However, as a teacher, you can have a profound impact on preventing childhood obesity and helping obese children in your classroom. In this course, you will examine the underlying causes of obesity in children and adolescents, including changes in food patterns, food availability, and decreased exercise in and out of schools. Knowledge of these contributing factors and their adverse consequences will help you better identify, assess, and combat the root causes of a child's obesity. In addition, you will learn how to integrate healthy lifestyle choices into a curriculum to encourage healthy habits for students. You will also explore ways to plan and advocate for healthy habits in the school community, such as school and community gardens, activity breaks in the regular classroom, and collaborative teaching strategies. Using the techniques from this course, you will be able to promote healthy choices that can positively impact students for the rest of their lives. This course is offered through Advancement Courses.

**PEHX 516 The Job of the Athletic Department 3 credits**

Being an athletic director requires much more than a knowledge and love of sports. Many aspects of the job are administrative in nature, and leading the department involves managing thousands of dollars of equipment, multiple team schedules, and several coaches and support staff. A successful athletic director must be able to balance all of these responsibilities on top of maintaining good relationships with school administrators, parents, and community members. In this course, you will examine the various factors that make an athletic department run like a well-oiled machine. You'll tackle difficult issues such as managing a large staff, creating budgets, navigating legal issues, and identifying characteristics to look for when hiring coaches. You'll also develop strategies for communicating with students' families and the community at large regarding athletic events, policies, and feedback. In addition, you will evaluate the benefits of sports for children and how to cultivate these values throughout your athletic department. Using the techniques from this course, you will be able to balance the myriad responsibilities of running an athletic department and enjoy the fruits of overseeing successful student athletes and their coaches. This course is offered through Advancement Courses.

**PEHX 517 The Psychology of Sport 3 credits**

Practice, practice, practice. Every coach knows that athletes need to practice the physical techniques unique to their sport and their position on the team. But is that all they need to practice? Research shows that mental skills are just as crucial to becoming a successful athlete. But how do you instill healthy mental techniques in your student athletes to help them both on and off the field? In this course, you will learn why mental skills are so essential for athletic performance and how to teach vital mental techniques alongside physical techniques. You'll develop strategies for motivating athletes to succeed and make a total commitment to their sport; using self-talk, imagery, and visualization; and helping students manage their emotions during competition. Focusing on athletes' mental skills will increase their performance during practice and competition. Using the knowledge and techniques from this course, you will be able to increase your athletes' mental and physical skills and give them tools they can use to succeed in all areas of life. This course is offered through Advancement Courses.

**PEHX 518 Why Good Coaches Quit 3 credits**

Although coaching can be meaningful, exciting, and fulfilling work, it can also be a tough job with significant pressures and stressors. When coaches are performing optimally, their words and actions match the clear values and goals they have set for their teams. However, too often, the stress of the job, the pressure to achieve, and the overwhelming nature of additional responsibilities jeopardize coaches' desire to continue. In this course, you will examine the challenges of coaching and learn how to cope with internal and external pressures to be an effective leader. Because you need to be able to manage yourself before you can manage others, you will focus on cultivating techniques for juggling multiple roles, controlling stress, building emotional intelligence, and defining a clear value system that aligns with your goals and actions. In addition, you'll learn how to be a role model and pass on the strategies you gain to other coaches (and to parents and students as well) to help them perform at their highest level. With the techniques you learn in this course, you will be able to prevent burnout and reignite your passion for the job not only for yourself, but for others as well. This course is offered through Advancement Courses.

**PEHX 519 Innovative Assessment in PE 3 credits**

The Assessment in Physical Education course is designed for K-12 teachers who seek ways to use new and innovative assessment ideas in their physical education setting to benefit both the teacher and their students. This course will help teachers to link standards and objectives using practical in class assessments. Assessment strategies will assist in evaluating students learning as well as evaluating curriculum and teaching practice. Through reflection of technology resources and application of skills, students will gain the confidence to integrate assessments that use technology in the physical education curriculum. This course is offered through Advancement Courses.