

PE AND HEALTH (PEHX)

PEHX 500 Physical Fitness and Training for Athletic Speed and Agility 3 credits

Learn the benefits of physical fitness and how speed and agility impact athletic performance in this one-of-a-kind course! Explore the consequences of physical inactivity, along with ways inclusivity and accessibility influence participation in sports and athletics. Discover how a variety of drills and skills prepare student athletes for success in their sport and keep them safe from injury, while examining the myths and truths about athletic training. Designed for educators, coaches, and trainers, this course provides ideas for reducing risk and positively promoting athletic agility and speed to improve performance. This course is offered through the Teaching Channel.

PEHX 502 Preparing Students for College and Career Readiness 3 credits

Designed for school counselors and those who guide students, this course provides an overview of the impact school counselors make on students' career planning and college readiness. Imagine conversing with colleagues about the rewards of being a school counselor and your ability to help students strategize and navigate their future! Explore the myriad of ways students benefit from having access to a school counselor including learning about anti-racism practices, learning social emotional skills, and supporting students with disabilities with their career choices. Refresh and renew your perspective about college to career readiness counseling standards and determine ways to provide both college and skilled trades career advice. Leave the course filled with ideas and positivity about the way you teach students to make important decisions that will ensure their success. This course is offered through the Teaching Channel.

PEHX 504 Get Ready! Getting Kids Pumped for PE Class 3 credits

In this course, you will cultivate an array of motivational strategies to engage students in effective PE 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. This course is offered through the Teaching Channel.

PEHX 508 Enhancing Physical Education with Technology Tools 3 credits

Assessment sometimes gets a bad rap, but not in this course! Discover why PE assessments are used to make a case for supporting physical education curriculum, and to measure student strength, skill, and agility. In this course, educators will analyze assessment tools and learn how to apply them to evaluate student progress. Explore how Google Forms can streamline PE assessments and encourage students to set and achieve physical fitness goals. Apply grade level outcomes, student learning targets, and PE Standards in an immediately usable assessment plan, while identifying ways to make PE inclusive and adaptable. Become a physical education advocate while having fun in this fresh physical education course about assessment tools and how to apply them. This course is offered through the Teaching Channel.

PEHX 511 Instructional Models in Physical Education 3 credits

Teaching physical education is so much more than running, skipping and jumping! In this course, you will study Physical Education Instructional Models and have the opportunity to go beyond the traditional ways of teaching PE. Discover the role of National and State PE standards, and learn to make adaptations to your PE lessons so all students can participate. Explore how inclusivity and social-emotional learning make students' PE experiences better, and ways physical literacy can be one of the best ways to promote lifelong health and longevity in students and their families. This course is offered through the Teaching Channel.

PEHX 512 Yoga Practices to Enhance Student Focus and Health 3 credits

A holistic practice that has been around for thousands of years, yoga improves student focus, and supports physical and mental wellness. Yoga Practices to Enhance Student Focus and Health provides educators with the knowledge and skills to incorporate yoga into the classroom which can help students improve concentration and overall wellness. Learn the history, benefits, and strategies for using yoga and mindful meditation with students. Explore how inclusive, accessible yoga practices improve well-being through powerful poses and mindful meditations that are suitable for students of all ages and grades. Leave the course with a deeper understanding of the benefits of yoga for students, and how to create a practice that promotes focus, mindfulness, and overall health. This course is offered through the Teaching Channel.

PEHX 514 Teaching Golf to Students 3 credits

Get ready to take a swing on a learning experience that teaches the history and etiquette of golf and so much more. Don't let terms like bogey, birdie, and mulligan throw you off course; you will learn the golf vocabulary the game requires, including when to say them, and how to use them. Apply the IDEA coaching method to demonstrate how students can master both their long and short game and coach them when they need to "take a stroke." Tee up your golf knowledge and dream about getting a hole-in-one in this in-a-class-by-itself course. This course is offered through the Teaching Channel.

PEHX 516 Empowering Co-Curricular Leaders and Students 3 credits

Throughout this course, you will examine the various components that make co-curricular departments run smoothly and achieve victories, even without wins. Learn about the impact of coaches and advisors and explore the link they provide between leaders and athletes. Using resources and activities from the course, you will apply strategies to increase teamwork, develop coaches, organize around roles and responsibilities, and create fundraising opportunities. Reflect on how current team member strengths can be utilized for the growth and development of less experienced team members. Consider complex challenges and how your learning in this course can improve your responses. This course will provide resources and ideas to help create effective protocols and procedures for victorious co-curricular departments. This course is offered through the Teaching Channel.

PEHX 517 Understanding the Psychology of Sports 3 credits

More than just physical performance, excelling in sports is a mental game athletes can win, if they have the strategies and psychological strength they need to be successful. Learning about the psychology of sport is another way educators can support student athletes both off and on the field. In this course, you will explore the foundations of sports psychology, and investigate the 9 Mental Skills of Successful Athletes and how to apply them. Discover how factors like racism, inequities, and drugs can create barriers to athletic performance and understand how nutrition, sleep, and hydration impact athletic ability. Leave the course with a newfound knowledge about the mental game of sports. This course is offered through the Teaching Channel.

PEHX 518 The Challenges and Benefits of Coaching Youth Sports 3 credits

The scores of benefits of coaching youth sports can add up to a big win! Whether you coach for the love of the game, or to spend time with kids, this course will have you stretching your ideas about why coaches coach, and why coaches quit. Explore your coaching style by watching clips from fictional football coach Ted Lasso (and others!), as you weigh in on the pros and cons of coaching. Study the National Coaching Standards and consider advocacy ideas for getting more women and people of color into the winning world of coaching. This course will have you jumping for joy as you discover the many ways coaching youth sports lifts you up and keeps you learning! This course is offered through the Teaching Channel.

PEHX 519 Using Assessments in Physical Education 3 credits

Assessment sometimes gets a bad rap, but not in this course! Discover why PE assessments are used to make a case for supporting physical education curriculum, and to measure student strength, skill, and agility. In this course, educators will analyze assessment tools and learn how to apply them to evaluate student progress. Explore how Google Forms can streamline PE assessments and encourage students to set and achieve physical fitness goals. Apply grade level outcomes, student learning targets, and PE Standards in an immediately usable assessment plan, while identifying ways to make PE inclusive and adaptable. Become a physical education advocate while having fun in this fresh physical education course about assessment tools and how to apply them. This course is offered through the Teaching Channel.

PEHX 520 Serving Up Student Success with Pickleball 1 credit

Are you a PE or other educator looking for a way to keep students active, engaged, and thriving? We've got the answer, and it's pickleball! Discover how to teach students the rules, etiquette, and code of conduct on the court, as well as pickleball basics like the equipment needed, pickleball's unique vocabulary, and of course, how to play the game! Learn how pickleball connects and strengthens students' social emotional skills—and even gets them off their phones! This active, low cost, and easy-to-learn sport is sweeping our nation for a reason. Find out how you can use pickleball to boost your students' happiness and well-being in this one of a kind course. This course is offered through the Teaching Channel.

PEHX 522 Learning on the Move 3 credits

Motivated. Engaged. Happy. High academic achievement. These are the words and phrases that will describe your students after taking Learning on the Move! Imagine a classroom where students have a "safe place for the mind," are free to take risks, and where teamwork and communication are key. You will discover what it means to "learn from the feet up," why the brain's preferred way of learning is by doing, and what it means to be a kinesthetic educator. Explore the brain-body connection, see why the research champions movement in teaching and realize ways to prepare the brain for learning as you watch your students soar! This course is offered through the Teaching Channel.

PEHX 523 Physical Education for Fitness and the Future 3 credits

Physical education teachers make essential contributions to student wellness, fitness, and achievement. As educators, we want to ensure that children and adolescents build skills, knowledge, and a foundation for lifelong health and physical literacy. Gain practical strategies to enhance standards-based instruction, assessment, and adaptations for students with disabilities. Pathways within the course meet the unique needs of early childhood, elementary, and secondary educators. Teachers will learn fresh ways to embed social-emotional learning and to advocate for inclusivity. We've even included opportunities to focus on your own wellness and movement! This course is teeming with tips to take your PE instruction to the varsity level. This course is offered through the Teaching Channel.

PEHX 524 School Nursing Practices for the 21st Century 3 credits

As the past few years have made clear, school nurses' critical impact on students' achievement and wellbeing goes far beyond ice packs and Band-Aids. School nurses practice at the intersection of healthcare and education, coordinating wellness for students, staff, and community. In this course, created specifically for nurses practicing in the PreK-12 setting, you'll explore challenges and opportunities in 21st Century school nursing. You'll consider the impact of coordinated school healthcare, school nursing principles, and your own experiences as a school nurse. Then, you'll apply your learning to current topics in the field, from managing chronic health conditions, to identifying and supporting mental health challenges, creating Individualized Health Plans, and preventing child trafficking. Because school nursing lacks the recognition and funding it deserves, you'll develop a plan to educate your school community or other stakeholders about the essential, life-saving, need for a school nurse in every school, every day. This course is offered through the Teaching Channel.

PEHX 525 Health Education for Students' Lifelong Wellness 3 credits

The quote, "If you have your health, you have everything," has never felt more true. Now more than ever, we understand how children's health impacts their capacity to learn in school, and also their prospects for a happy and successful life. We've created this course for all educators who teach health—whether you're an early childhood educator, a classroom generalist, a dedicated Health and/or Physical Education teacher, or a school nurse. Because you have different needs depending on students' ages and your professional role, we've created pathways with options to suit every educator! You will learn strategies to support students' physical, mental, and social-emotional health as you empower them to care for their own. Through the exploration of health and wellness resources, you'll discover ways to collaborate, advocate, and build students' motivation to pursue healthy habits. You'll also learn instructional strategies to facilitate safe discussions of sensitive topics in your classroom. And, we've provided tips throughout the course to help you prioritize your health, too! This course is offered through the Teaching Channel.

PEHX 526 A Moving Body, A Thinking Brain 3 credits

Educators will cultivate an in-depth understanding of the critical roles of movement and play in the healthy development of children from birth to 2nd grade. Truly see the importance of play in early childhood. Teachers will learn through research-based real-life examples, action-filled ideas, and best practices, all designed to help students learn and grow to their full potential. Learn how a moving child is a learning child in this colorfully captivating course. This course is offered through the Teaching Channel.

PEHX 527 Boosting Social Emotional Learning through Sport and Physical Education 3 credits

This exciting course for coaches and physical education teachers will provide an introduction to the concepts of building character, increasing community and developing growth mindsets in students and/or athletes. Participants will gain a better understanding of how they can impact social emotional learning and how they can increase the likelihood their students and/or athletes will meet goals. Filled with engaging activities and strategies to use with students, this course goes beyond sports and physical activity to building social emotional skills needed for life-long success. This course is offered through the Teaching Channel.