College of Physical Activity and Sport Sciences

Degree Offered

• Bachelor of Science

Nature of the Program

Students in athletic training, coaching and performance science, health and well-being, multidisciplinary studies, physical education and kinesiology, sport and exercise psychology, and sport management examine the relationship of play, games, sport, athletics, fitness, and dance to our culture and cultures throughout the world. Their preparation includes the acquisition of knowledge and skills from a vast array of movement activities in addition to an understanding of associated physiological, biomechanical, sociological, psychological, historical, philosophical, and pedagogical principles.

Graduates in health and well-being will matriculate to professional programs (nursing, AT, PT, OT) or alternative careers in community health and well-being. Graduates in physical education and kinesiology are generally employed in educational, community, and private organizations as health and/or physical education teachers, sport instructors and/or physical activity specialists. Graduates in sport and exercise psychology and sport management are employed with professional and collegiate sport enterprises, fitness centers, recreation programs, sporting goods stores, or commercial sporting goods manufacturers, or pursue graduate training. Coaching and performance science graduates are employed as coaches, strength and conditioning specialists or applied sport scientists, and work in the health and fitness industry. Athletic training graduates often work in high school, college, professional, and health/medical facilities to help treat and prevent injury. Students graduating with a degree in multidisciplinary studies work throughout the sport industry, as they are able to develop knowledge and skills across the domains studied within the college and beyond.

Programs

Baccalaureate programs offered in the College of Physical Activity and Sport Sciences (CPASS) include athletic training, coaching and performance science, health and well-being, multidisciplinary studies, physical education and kinesiology, physical activity and well-being, sport and exercise psychology, and sport management. The College of Physical Activity and Sport Sciences has available to students, minors including:

• personal training
• sport and exercise psychology
• sport communication
• strength and conditioning
• scholastic sport coaching
• adventure sport leadership

Facilities

The College of Physical Activity and Sport Sciences is housed on the Evansdale Campus in the Health and Education Building. This building has nine technology based classrooms, active learning center, three large seminar/conference rooms, research space, sport psychology consulting laboratory, teacher behavior laboratory, multipurpose instructional room, an instructional fitness lab, Office of Student Success and faculty offices. Courses are also taught at the indoor track and sports area in the Shell Building and WVU Student Recreation Center; outdoor areas including tennis courts, grass and turf fields, and the outdoor track.

Credit Load Per Semester

The minimum workload per semester for a full-time student is twelve hours and the maximum workload per semester is twenty hours. However, an advisor may register a student as a part-time student if fewer than twelve hours are required to meet all requirements for the bachelor’s degree. Other exceptions to these regulations may be requested through discussion with one’s advisor.

Physical Education Basic Instruction

Physical education classes are open to all students at the University. A wide variety of team, individual, and leisure sports and recreational activities in the form of aquatics, fitness, martial arts, and outdoor adventure are offered. The motto of the Basic Instruction Program is “Play to be fit, and be fit to play” so the aims of the program are to develop:

• An appreciation of the body and its capacity to move
• Movement skills of games, sport, dance, and aquatics
• An appreciation of the value of continued activity throughout all age periods in an individual’s life
• An understanding of the cultural significance of sport and dance
• Concepts of the physiological characteristics of sport and movement
All courses numbered PE 101–293 are at a beginner’s level unless otherwise specified. Repeating an activity is not allowed except at a more advanced level.

**ADMINISTRATION**

**DEANS OFFICE**
- Jack Watson - Ph.D. (Florida State University)  
  Interim Dean

**ASSOCIATE DEAN**
- Sean Bulger - Ed.D. (West Virginia University)  
  Online and Graduate Education
- Valerie Wayda - Ed.D. (West Virginia University)  
  Undergraduate and Academic Affairs

**PROGRAM COORDINATORS**
- Scott Barnicle - Ph.D. (University of Idaho)  
  Sport and Exercise Psychology
- Allison Hetrick, ATC - M.S. (University of Cincinnati)  
  Athletic Training
- Erin Jordan - Ph.D. (Georgia Southern University)  
  Public Health
- Gary Lhotsky - Ed.D. (Florida State University)  
  Sport Management
- Michael Ryan - Ph.D. (West Virginia University)  
  Coaching and Performance Science
- Jeremy Yeats - Ph.D. (University of Northern Colorado)  
  Physical Education and Kinesiology

**PROFESSORS EMERITI**
- William Alsop
- Dallas Branch
- Dana Brooks
- Linda Carson
- J. William Douglas
- Andrew Hawkins
- Lynn Housner
- Andrew C. Ostrow
- Robert Wiegand
- Bruce Wilmoth
- Daniel Ziatz

**Degree Designation Learning Outcomes**

**BACHELOR OF SCIENCE (BS)**

The mission of the College of Physical Activity and Sport Sciences is to prepare our students to become effective practitioners and leaders in their respective fields and to enhance the quality of life of the citizens of West Virginia and beyond. The college offers majors in Athletic Training, Coaching and Performance Science, Health and Well-being, Multidisciplinary Studies, Physical Education and Kinesiology, Sport and Exercise Psychology, and Sport Management. These programs are characterized by curricular experiences which are designed to broaden perspectives, enrich awareness, deepen understanding, establish disciplined habits of thought, prepare for meaningful careers, and thus help individuals become informed, responsive and productive citizens.

Students in Bachelor of Science degree programs in CPASS
- Participate in professional development activities to become engaged professionals within their community and professional field of practice
- Demonstrate the ability to utilize technology to advance their professional growth and practice
• Engage in diverse thinking and generation of ideas with the goal of promoting critical inquiry
• Demonstrate professional program competencies, where appropriate, aligned with national accreditation agencies
• Apply knowledge to promote healthy lifestyles

College of Physical Activity and Sport Sciences Minors

The College of Physical Activity and Sport Sciences offers seven different minors. To complete any minor, students must notify their department to declare a minor.

• Adventure Sports Leadership (http://catalog.wvu.edu/undergraduate/minors/adventure_sports_leadership/)
• Personal Training (http://catalog.wvu.edu/undergraduate/minors/personal_training/)
• Scholastic Coaching (http://catalog.wvu.edu/undergraduate/minors/athletic_coaching/)
• Sport and Exercise Psychology (http://catalog.wvu.edu/undergraduate/minors/sport__exercise_psychology/)
• Sport Communication (http://catalog.wvu.edu/undergraduate/minors/sports_communication/)
• Strength and Conditioning (http://catalog.wvu.edu/undergraduate/minors/strength__conditioning/)

Specialized Accreditation

The Athletic Training program within the College of Physical Activity and Sport Science has specialized accreditation through the Commission on Accreditation of Athletic Training Education (CAATE).

The Educator Preparation Provider (EPP) at WVU is accredited based on the Council for the Accreditation of Educator Preparation (CAEP) Standards through Fall 2021. CAEP is the only recognized national accreditor for educator preparation. The Physical Education specialty licensure area offered at our EPP has been approved by the Society for Health and Physical Educators.

COURSES

PE 101. Badminton. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in badminton.

PE 103. Beginning Basketball. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course is designed to provide historical background, rules and regulations, and fundamental skills. These will be accomplished through instruction, drills, games and class team play.

PE 104. Intermediate Basketball. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to intermediate knowledge and skills in basketball.

PE 105. Rifle Conditioning and Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for rifle.

PE 106. Rowing Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course is designed to present students with hands-on approach to proper techniques of strength and conditioning as it applies to rowing athletes.

PE 107. Basketball Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for basketball.

PE 108. Football Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for football.

PE 109. Baseball Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for baseball.

PE 110. Military Physical Conditioning. 1 Hour.
(May be repeated for a maximum of 2 credit hours).

PE 111. Air Force Military Physical Conditioning. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning techniques for military training.

PE 112. Gymnastics Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for gymnastics.

PE 113. Soccer Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for soccer.

PE 114. Tennis Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for tennis.
PE 115. Volleyball Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for volleyball.

PE 116. Wrestling Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for wrestling.

PE 117. Golf Conditioning and Weight Training. 1 Hour.
This strength and conditioning course is an introduction to safety, technique, skill, and physical fitness involved in sports specific strength training and conditioning.

PE 118. Swim Conditioning/Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for swimming.

PE 119. Track and Field Weight Conditioning. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic weight training techniques for track and field.

PE 120. Canoeing. 1 Hour.
(May be repeated for a maximum of 2 credit hours). PR: Swimming skill. Types of canoeing strokes, life-saving techniques for recreational canoeing.

PE 121. Zumba. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Fuses various fast and slow Latin rhythms and movements with resistance training to create dynamic fitness routine, balance, and introduces breathing techniques to increase energy and focus.

PE 122. Billiards. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in billiards.

PE 124. Fitness Walking. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course provides a supervised walking program in a safe, enjoyable environment. Classes meet ACSM guidelines for safe, effective classes. Includes warm-up, cardiovascular segment, cool-down, and stretch.

PE 125. Aerobics. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in aerobics.

PE 126. Aquatic Aerobics. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in aquatic aerobics.

PE 129. Spinning. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course provides a supervised, indoor cycling program in a safe, enjoyable environment. Classes meet ACSM (American College of Sports Medicine) guidelines for safety and effectiveness. Includes a warm-up, cardiovascular segment, cool-down, and stretch.

PE 130. Flag Football. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in flag football.

PE 131. Frisbee. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in frisbee.

PE 133. Beginning Archery. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in archery.

PE 135. Horsemanship 1. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in horsemanship.

PE 136. Horsemanship 2. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to intermediate and advanced knowledge in horsemanship.

PE 137. Ice Skating. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in ice skating.

PE 143. Intermediate Ice Skating. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to intermediate/advanced knowledge and skills in ice skating. For students with some previous skating experience.

PE 145. Karate. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in karate.

PE 146. Self-Defense. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in self-defense.

PE 149. Tae Kwon Do. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in tae kwon do.

PE 150. Martial Arts Fitness. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in martial arts fitness.
PE 151. Advanced Tae Kwon Do. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course builds on the techniques learned in PE 149, and introduces additional skills into practice and free sparring.

PE 152. Beginning Kickboxing. 1 Hour.
(May be repeated for a maximum of 2 credit hours). An introduction to the popular martial art and competitive sport of kickboxing. Emphasis is given to building flexibility and strength, the foundations of powerful kicking and punching techniques.

PE 153. Yoga for Fitness. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course introduces the student to basic yoga techniques that can be practiced as a way of developing a wide variety of sports.

PE 154. Racquetball. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in racquetball.

PE 157. Slow Pitch Softball. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in slow pitch softball.

PE 158. Indoor Soccer. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in indoor soccer.

PE 159. Soccer. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to basic knowledge and skills for people who are familiar with tennis.

PE 162. Intermediate Tennis. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to intermediate/advanced knowledge and skills in tennis.

PE 164. Weight Training. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in weight training.

PE 165. Conditioning. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in conditioning.

PE 167. Floor Hockey. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Basic concepts and instructional techniques for learning floor hockey skills.

PE 170. Volleyball. 1 Hour.
(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide a comprehensive overview of outdoor navigation and survival techniques.

PE 172. Cycling Basics. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Provides a comprehensive overview of the activity of cycling. The course content will address the equipment, skills, and knowledge necessary to safely participate in the lifetime activity of cycling for fitness and sport.

PE 173. Beginning Swimming. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in swimming.

PE 174. Intermediate Swimming. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to intermediate knowledge and skills in swimming.

PE 175. Lifeguard Training. 2 Hours.
(May be repeated for a maximum of 2 credit hours). Red Cross certification for lifeguards.

PE 176. Advanced Swimming. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to advanced knowledge and skills in swimming.

PE 179. Orientation to Scuba. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in scuba diving.

PE 181. Rock Climbing Basics. 1 Hour.
(May be repeated for a maximum of 2 credit hours). This course provides an overview of the activity of rock climbing. The course content will address the equipment, skills, and knowledge necessary to safely participate in the activity of rock climbing on a top-rope system.
PE 182. Bowling. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in bowling.

PE 183. Wilderness First Aid Basics. 1 Hour.
(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide students with the knowledge and skills necessary to manage emergency medical situations when they occur in a delayed-help and/or wilderness setting.

PE 184. Snow Sport Basics. 1 Hour.
(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide students with a comprehensive overview of several common snow sports including downhill snow skiing, snowboarding, and Nordic skiing.

PE 187. Golf. 1 Hour.
(May be repeated for a maximum of 2 credit hours). The course is designed to introduce students to the rules, skills, and strategies involved in golf.

PE 201. Pilates. 1 Hour.
(May be repeated for a maximum of 2 credit hours). Introduces students to basic techniques, postures, and controlled breathing designed to build core strength, improve flexibility, and increase physical fitness in a non-competitive atmosphere.

PE 202. Intermediate Yoga. 1 Hour.
(May be repeated for a maximum of 2 credit hours). PR: PE 153 or previous yoga experience. Emphasizes poses which build a combination of strength, flexibility, balance, and introduces breathing techniques to increase energy and focus. Moderately paced for students with previous yoga practice.

PE 203. Yoga for Health and Wellness. 1 Hour.
This course provides an introduction to yoga and yoga philosophy and encourages students to incorporate healthy lifestyles habits into their daily routines. This course has a positive impact on student's stress levels and outlook on life.

PE 206. Modified Indoor Tennis. 1 Hour.
Introduce students to the basic skills and techniques involved in playing Modified Indoor Tennis (Pickle ball).

PE 212. Confident City Cycling. 1 Hour.
Riding skills and crash avoidance maneuvers; how to control situations in traffic and ride confidently; bicycle maintenance; proper clothing and equipment selection; in classroom and on-bike instruction.

PE 214. Beginning Lacrosse. 1 Hour.
Introduces students to the basic skills and techniques involved in playing lacrosse.

PE 215. Intermediate Lacrosse. 1 Hour.
This course focuses on more advanced concepts and skills involved in the game of lacrosse for the experienced player.

PE 220. Striking and Field Games. 1 Hour.
This teaching games for understanding (TGfU) course is designed to introduce the students to the rules, skills, and strategies involved in playing striking and fielding games.

PE 221. Invasion Games. 1 Hour.
This teaching games for understanding (TGfU) course is designed to introduce the students to the rules, skills, and strategies involved in playing games where one invades their opponent's territory.

PE 223. Net and Wall Games. 1 Hour.
This teaching games for understanding (TGfU) course is designed to introduce the students to the rules, skills, and strategies involved in playing net and wall games.

PE 224. Enhancing Health and Well-being. 2 Hours.
Gain knowledge and explore links among the eight dimensions of wellness: physical, mental, social, spiritual, intellectual, environmental, occupational, and financial.

PE 225. Dance Conditioning. 2 Hours.
The course provides the dance student with the tools to condition and maintain a healthy body. Through elementary anatomical vocabulary, basic theoretical concepts and experiential physical routines such as proper warm up and cross-training methodologies focused on dance, the student will acquire his/her own sequence and daily physical maintenance for dance.

PE 229. Fitness and Wellness. 2 Hours.
Basic concepts associated with the development and maintenance of physical activity. Exposure to local fitness opportunities. Engagement in health-promoting and wellness activities. Awareness and responsibility for the maintenance of health and physical well-being through physical activity.

PE 293. Special Topics. 1-6 Hours.
(May be repeated for a maximum of 2 credit hours). PR: Consent. Investigation of topics not covered in regularly scheduled courses.

PE 493. Special Topics. 1-6 Hours.
(May be repeated for a maximum of 2 credit hours). PR: Consent. Investigation of topics not covered in regularly scheduled courses.