
Secondary Education

SEED 495 METHODS FOR SECONDARY SOCIAL STUDIES INSTRUCTION

Turner

DESCRIPTION: Methods for Secondary Social Studies Instruction is designed as a practical introduction to the teaching of Social Studies courses in middle school/junior high and high school. The course is designed to assist the student develop skills in lesson preparation, successful teaching strategies, and creating assignments and activities appropriate to grade level. Presentations by guest speakers are an integral part of the course and are made by practicing teachers, administrators, middle school and high school students, and student teachers. The course uses a text, which is primarily used as a reference for working on class assignments. Supplemental readings and handouts are provided by the instructor. Individuals who enroll in the course should have had at least one practical experience and completed Block I of the secondary instruction program.

Physical Education

Aquatics

PE-A 101 SWIM (REHAB) (1)

AVERAGE CLASS SIZE: 18
PREREQUISITES: Students with physical limitations.
SPECIAL FEES: \$20.00

PE-A 104 SWIM (LEARN TO) (1)

AVERAGE CLASS SIZE: 22
SPECIAL FEES: \$20.00
DESCRIPTION: Open the door to new areas of recreation and enjoyment--learn to swim. The key to safe participation in the many water activities such as water skiing, canoeing, and sailing is the ability to swim. Start now developing the techniques of crawl, back, breast, and elementary back strokes as well as water survival.

PE-A 105 SWIM (IMPROVE) (1)

AVERAGE CLASS SIZE: 22
PREREQUISITES: SWIM (LEARN TO) or equivalent.
SPECIAL FEES: \$20.00
DESCRIPTION: Designed for a student who has had limited or no swim instruction and would like to improve their skills and learn new strokes. Crawlstroke, breaststroke, backstroke, and recreation strokes will be taught. Classes are organized to permit learning at a comfortable pace with individualized attention to problem areas.

PE-A 205 SWIM CONDITION (1)

AVERAGE CLASS SIZE: 28
PREREQUISITES: Swim Improve or Equivalent
DESCRIPTION: Swim for fitness! Designed to improve level of physical fitness within a swimming regime. Emphasis is on endurance using interval and circuit training. Students are assigned to training groups and routines according to level of skill. Students should be of at least intermediate level.

PE-A 305 SWIM TRAINING(1)

AVERAGE CLASS SIZE: 26
PREREQUISITES: Competitive swimmers only.
SPECIAL FEES: \$20.00
DESCRIPTION: Designed for the student who is active or desiring to be in competition (masters, triathlon, U.S. swimming, etc.) and seeks an intensified training program.

PE-A 310 SCUBA ADVANCED (1)

AVERAGE CLASS SIZE: 40
SPECIAL FEES: \$165.00
PREREQUISITES: CERTIFICATION CARD
DESCRIPTION: A continuation beyond the Open Water Scuba course, giving the diver more classroom, pool, and open water training. Also, preparation for more detailed recreational or professional activities. Culminate in a nationally recognized certification as an Advanced Open Water Scuba Diver.

Combative Activities

PE-C 112 PERSONAL DEFENSE (1)

AVERAGE CLASS SIZE: 25
SPECIAL FEES: \$20.00
DESCRIPTION: What do you do when confronted by an assailant? SCREAM! Then what? That question and many others are answered in the content and training offered in this course. Using the common sense approach learn how to counter various attacks with defense moves such as kicking, striking, and blocking to facilitate your escape.

PE-C 113 FENCING I (1)

AVERAGE CLASS SIZE: 24
SPECIAL FEES: \$25.00
DESCRIPTION: In this class, in the oldest modern sport, fencing, you will be introduced to the fundamentals of foil fencing. Emphasis is placed on physical conditions, techniques of foils, knowledge of the rules, and having fun. A great chance to live out your fantasies or relieve your aggression.

PE-C 115 AIKIDO (1)

AVERAGE CLASS SIZE: 30
SPECIAL FEES: \$20.00
DESCRIPTION: An introduction to the world of aikido including forward and backward rolls, back falls,

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throws, and pins. In addition, the politics of conflict, conflict resolution, and the integrity of personal space and how to maintain it are addressed.

PE-C 116 JUDO I (1)

AVERAGE CLASS SIZE: 20
SPECIAL FEES: \$20.00
DESCRIPTION: In less than 100 years, "Judo" has become a household word throughout the world. Basically a type of wrestling, Judo stresses body control and precise timing to overcome an opponents force and aggression. Once you have learned how to fall without being hurt, in-class time is used to practice the fundamentals of various attacking and counter attacking throws, holds, and arm locks. Enjoy a good solid workout in a fascinating martial art!

PE-C 117 KARATE I (1)

AVERAGE CLASS SIZE: 35
SPECIAL FEES: \$20.00
DESCRIPTION: Become a practitioner of the Nishiyama method. Study the techniques of stance offensive blows, and defense as well as the cultural aspect and terminology of one of the world's truly great martial arts-Karate.

PE-C 118 BO/QUARTERSTAFF (1)

AVERAGE CLASS SIZE: 30
SPECIAL FEES: \$20.00
DESCRIPTION: The study of the Bo or Quarter staff is to develop the ability to defend oneself with any pole-like object. Training shall include the development of thrusting, striking, blocking, and sliding maneuvers. Both basic and free sparring will also be practiced.

PE-C 119 TAEKWONDO I (1)

AVERAGE CLASS SIZE: 40
SPECIAL FEES: \$20.00
DESCRIPTION: To give the student some general information on Taekwondo and to acquaint him or her with both the physical and mental demands of the activity.

PE-C 213 FENCING II (1)

AVERAGE CLASS SIZE: 24
PREREQUISITES: FENCING I or equivalent.
SPECIAL FEES: \$25.00
DESCRIPTION: Lunge into the opportunity to refine and master control of your foil skills through floor work and bouting. Explore the techniques of the epee and sabre fencing.

PE-C 216 JUDO II (1)

AVERAGE CLASS SIZE: 10
PREREQUISITES: JUDO I or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: Continued training leads to mastery of fundamental techniques. This class provides the opportunity to practice learned skills through in-class sessions