

DEPARTMENT OF PHYSICAL EDUCATION, WELLNESS, AND SPORT

COLLEGE OF EDUCATION AND HUMAN STUDIES

Faculty

Linn M. Stranak (1980). University Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Kentucky; D.A., Middle Tennessee State University. Additional study, United States Sports Academy.

Jonathan Allen (2012). Assistant Professor of Athletic Training. B.S. and M.A., Ball State University.

Matt Brunet (2004). Assistant Professor of Sport Management. B.S., Indiana Wesleyan University; M.A., Wayne State University; Ed.D., Union University.

Mark Campbell (1996). Assistant Professor of Physical Education and Head Women's Basketball Coach. B.S., David Lipscomb University; M.Ed., Union University.

Kelly Elliott (2004). Assistant Professor of Physical Education. B.A., King College; M.A., East Tennessee State University; M.Ed., University of Louisville.

Jennifer Farroll (2010). Assistant Professor of Athletic Training. B.S., University of Central Florida; M.S., University of South Carolina.

Gary Johnson (1994). Professor of Physical Education and Head Cross Country Coach. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

David Niven (1999). Assistant Professor of Physical Education, Wellness and Sport and Head Men's Basketball Coach. B.S.E., Oklahoma Baptist University; M.Ed., East Central University.

Cliff Pawley (2001). Assistant Professor of Athletic Training and Program Director. B.S., Southern Illinois University; M.Ed., University of Louisiana, Monroe; Additional study, University of Memphis and Union University.

Julie Powell (1995). Professor of Sport Management. B.S. and M.Ed., Union University; Ed.D., North-Central University.

Andy Rushing (1988). Assistant Professor of Physical Education, Head Golf Coach, and Director of Athletic Facilities and Fields. B.S., Union University; M.S., University of Memphis. Additional study, United States Sports Academy.

Staff

Teresa Thomas (2002). Secretary to the Director of Athletics.

Mission Statement

The Department of Physical Education, Wellness, and

Sport hopes to instill in its student majors a lifetime desire to help others gain in total health through the medium of human movement. Curriculum is designed accordingly.

For the entire student body, our task is to introduce them to knowledge and skills in order to develop a healthy lifestyle for optimum living.

Curriculum

The Department believes physical education to be that part of the total educational program which adds its unique contribution through the medium of activity or movement. The Department emphasizes the acquisition of motor skills as of value for lifetime physical recreation activities, the development of socially desirable habits and attitudes, and knowledge, which contribute to the overall aims of education.

Aims of the Department are: to develop physical skills for lifetime use; to develop scientific knowledge and attitudes for optimum development of health through fitness; to cultivate socially desirable characteristics; to offer wholesome recreation; to develop ideals; to prepare teacher coaches, physical educators, certified athletic trainers, and sport managers for many career channels; and to develop the total person through physical activity.

More specifically, the Department has as its center the philosophy to develop a greater quality of life for all people. To ensure this, the faculty stress leadership and communication through each program affected. Growth and development of the individual as exposed to activity should occur. Another significant aspect of education enveloped by the department is meaningful use of leisure under the concept of wellness. Prescription programs are emphasized in exercise/wellness. Education of sport management students includes moral and ethical responsibility in the business of sport.

The Athletic Training Education Program at Union University offers to its students an academic environment that fuses the elements of sports medicine and the dynamics of intercollegiate athletics with the values of Christian higher education. The Athletic Training Education Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and consists of a three year, sequential cohort education process that demands didactic and clinical

Course Offerings in Physical Education, Wellness, and Sport (PEWS)

() Hours Credit; F-Fall; W-Winter; S-Spring; Su-Summer

100. Fitness for Health (1) F, W, S

230. Outdoor Education and Hunter Safety (3) On Demand

Outdoor activities: camping, hunting, backpacking, field safety, survival, wildlife management, conservation, skeet shooting, compass reading, archery, and rifle range. Stresses outdoor ethics and responsibility. The Tennessee Hunter Safety program is included.

231. Camping and Outdoor Recreation (3) S

A course preparing students to lead in outdoor recreation activities; campcraft skills, safety, and techniques will be taught for the beginning camper as well.

240. Introduction to Sports Medicine (3) F, S

Emphasis on the global approach to sports medicine and contemporary topics with attention to the basis of sports medicine, physiology of activity.

250. Introduction to Recreation (3) As Needed

Foundations in recreation, introducing students to its nature and philosophy to include a study of Southern Baptist literature from the Church Recreation Department and general programs of recreation.

251. Recreational Sports and Games (3) F

High and low organizational games classified according to age levels for playground and recreation. Special activities and recreation, drama, indoor/outdoor games, songleading, storytelling, and mixers. Includes an on-campus practicum.

300. Sport Sociology (3) S—Even Years

Reciprocal credit: SOC 300. See SOC 300 for course description.

301. Drug Education (3) F, Su

Psycho-social, medical, legal, and health aspects of drugs and their abuse, plus a current analysis of the problem in our society.

316. Physical Education in the Elementary Schools (3) F, W

Techniques of teaching and curriculum planning including selection of materials suitable for different age levels in Grades 1-8. Movement Education concepts are stressed.

317. Organization and Administration of Intramural/Recreation Sports (3) As Needed

Planning, organizing, and directing a coordinated program of recreation within a school. Attention is given to units, time, activities, points, awards, rules, finances, publicity, co-recreation, and administrative problems.

319. Officiating Major and Minor Sports (2) S—Even Years

Techniques and mechanics of officiating and interpreting the official rules of major sports. This course will prepare you for membership in local and state officials' associations.

320. Sport Ministry and Recreation Management (3) Reciprocal Credit: CHR 320.

A course which focuses on the Great Commission and how Sports/Recreation activities can be used as a bridge to fulfill such. This course will provide students with the foundational knowledge to plan, implement, and evaluate a Sports Ministry program within various settings. This course includes a 15 hour internship with Englewood Baptist Church and the Fellowship of Christian Athletes.

322. School Health Education (3) F, Su

Aims, methods, and materials for teaching health in Grades 1-12. Includes the study of human relations in mental hygiene, family relations, and community relations.

324. Personal Hygiene (3) F, Su

Care of the body health-wise looking at fitness, drugs, nutrition, diet and weight control, disease control and treatment, along with structure and function.

327. Environmental and Community Health (3) S—Even Years

Problems of sanitation, water supply, waste disposal, insect and rodent control, sanitary control of milk and foods, school and restaurant sanitation, and inspection services. Emphasis is on problems in house heating, ventilation, lighting, and other community health problems.

331. Methods and Materials for Recreation Leaders (3) F—As Needed

Practical methods and resources for recreation practitioners. Attention will be given to conducting recreational programs, creativity, and a variety of recreation projects.

333. Principles of Health and Fitness Instruction (3) F

Introduces health/fitness and sports medicine professionals to the practice of health and fitness instruction. Theories and principles of health and fitness lifestyle management techniques used to become a certified health/fitness instructor or personal fitness trainer will be the primary focus.

340. Sport Marketing (3) F

Prerequisite: MKT 328.

Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund-raising, and journalism will be explored in relation to sports.

342. Facilities and Equipment Management in Physical Education and Sport (3) F

Planning of areas and facilities related to physical education, recreation, and athletics. The course addresses topics related to selecting, purchasing, and maintaining equipment.

343. Sport Law (3) F

Tort and contract law as it applies to sports industry. Investigation of case law dealing with marketing the athlete, amateur sports, sports injuries and liabilities, sex discrimination in sports, drug screening, and rights and responsibilities of managing the athlete.

Athletic Training Major and Program

Mission Statement

The mission of Union's Athletic Training Education Program is to challenge its students to become highly effective allied health care professionals and leaders in the Christian community, incorporating both professional and spiritual growth in their life plans. Union incorporates into the foundation of education the equally important components of being a Christian, a professional, and a leader. The Union University athletic training student will study in a Christ centered atmosphere that challenges students to develop spiritually and intellectually so they can serve professionally in their community as Certified Athletic Trainers and become spiritual leaders in the church. Union University's athletic training students are exposed to a dynamic scholastic environment that fuses the medical sciences with Christian faith, ethics and accountability in a variety of clinical settings including intercollegiate athletics, high school athletics, orthopedic, physical therapy and general medicine venues, and other allied health care communities.

Curriculum

Accreditation

The Athletic Training Program of Union University is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Admission Requirements

- All applicants must apply, be accepted and admitted to Union University.
- All applicants must complete or be currently enrolled in PEWS 240 Introduction to Sports Medicine or PEWS 218 Care and Prevention of Athletic Injuries and complete the course with a grade of B (3.0 on a 4.0 scale) or better to meet the retention standards of

Course Offerings in Athletic Training (AT)

() Hours credit; F–Fall; W–Winter; S–Spring; Su–Summer

170. Taping and Risk Management (1) F

An introduction to basic taping, preparation, wrapping and casting techniques that are common practice in athletic training and sports medicine. Content is based upon the 4th Edition Nation Athletic Trainer's Association Education Competencies/Risk Management and Injury Prevention domain.

318. Advanced Injury Management (3) S

Prerequisite: PEWS 218

Advanced preparation for triaging, treating, managing and rehabilitating chronic and acute athletic injuries that occur in sport and physical activity. The course focuses on specific etiologies, signs, symptoms, immediate care, conservation management and surgical implications of injury and disease processes to the orthopedic anatomy. Course content is based on the 4th Edition Nation Athletic Trainer's Association Education Competencies in the categorical domain of Risk Management and Injury Prevention.

350. Administration and Management Strategies in Athletic Training (3) F

An introduction to the administrative and management strategies incorporated in professional, intercollegiate, secondary school and clinical athletic training professional settings. Topics include policies and procedures, legalities in sports medicine, health care code, ethical codes of conduct and standards of reasonable care, and compliance with OSHA and HIPAA in allied health care.

360. Therapeutic Modalities (3) S

Prerequisite: PEWS 218.

This course introduces the student to the various thermal, mechanical and electrical agents/modalities that are used in athletic health care and physical therapy to promote healing and rehabilitation. The class consists of lecture and lab based instruction of the use the electrical stimulation, cryo/thermotherapy, hydrotherapy, ultrasound, traction, therapeutic massage, biofeedback, and compression therapy.

361. Evaluation I: Upper Body, Spine and Extremities (3) F

Prerequisite: PEWS 218. Corequisite: BIO 221

An introduction to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the upper body, cervical and thoracic spine and upper extremities. Topics include principles of injury recognition and classification to head and face, cervical spine, shoulder complex, elbow, wrist and hand.

370. Evaluation II: Lower Body, Lumbar Spine and Extremities (3) F

Prerequisite: PEWS 218. Corequisite: BIO 221

Introduces the student to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the lower body, lumbar spine and lower extremities. Topics of instruction include the principles of injury recognition and classification to the abdominal, thorax, lumbar spine, hip, knee, ankle and foot.

455. General Medicine and Pharmacology in Athletic Training (4) S

An introduction to the cognitive, affective and psychomotor domains of pharmacology and general medicine as they apply to athletic injuries and sports medicine while exploring the various systemic illnesses .

460. Therapeutic Exercise and Rehabilitation (3) S

Prerequisite: PEWS 218, BIO 221.

This course introduces the student to the clinical applications of therapeutic exercise and the rehabilitation process for athletic injuries in sports medicine and physical therapy professional settings. A lecture and lab that focuses on the use range of motion, strength, muscular endurance and muscular speed exercises, proprioceptive neuromuscular facilitation, and joint mobilization to promote health and wellness following injury. Off-campus physical therapy/rehabilitation clinics for instructional purposes.

Clinical Courses

Each clinical course carries out a modular approach to the development of clinical skills for athletic training education per the NATA Athletic Training Education Competencies for Athletic Training Education Programs, Fourth Edition. The student is required to demonstrate clinical proficiency in cognitive and psycho motor competencies that are presented in the prerequisite coursework. Clinical education also requires an evaluation of the field experience.

265. Athletic Training Clinical I (3) F

Pre/Corequisite: PEWS 218, 240.

Basic Skills: the development of first year clinical skills and their assessment.

275. Athletic Training Clinical II (3) S

Pre/Corequisite: PEWS 218, 240.

Risk Management: the development of first year clinical skills and their assessment.

365. Athletic Training Clinical III (3) F

Prerequisite: AT 360.

Therapeutic Modalities: the development of second year clinical skills and their assessment.

375. Athletic Training Clinical IV (3) S

Prerequisites: AT 361, 370.

Evaluation and General Medical Assessment: the development of second year clinical skills and their assessment.

465. Athletic Training Clinical V (3) F

Prerequisite: AT 460.

General Medicine and Pharmacology/Therapeutic Exercise and Rehabilitation and Senior Practicum: the development of third year clinical skills and their assessment.

475. Athletic Training Clinical VI (3) S

Prerequisites: AT 350, 455.

Professional Preparation and Senior Seminar: the development of third year clinical skills and the assessment of clinical proficiencies.

Available in each departmental prefix.

179-279-379-479. External Domestic Study Programs (1-3) As Needed

All courses and their applications must be defined and approved prior to registering.

180-280-380-480. Study Abroad Programs (1-4) As Needed

All courses and their application must be defined and approved prior to travel.

195-6-7. Special Studies (1-4) On Demand**295-6-7. Special Studies (1-4) On Demand**

Lower-level group studies which do not appear in the regular departmental offerings.

395-6-7. Special Studies (1-3) On Demand

Upper-level group studies which do not appear in the regular departmental offerings.

495-6-7. Independent Study (1-4) On Demand

Individual research under the guidance of a faculty member(s).

498-9. Seminar (1-3) On Demand

To be used at the discretion of the department.