Program: Physical Education
Degree: Bachelor of Arts

ABOUT THIS PROGRAM
The physical education, recreation, and kinesiology department (PERK) at Trinity Christian College seeks to uphold the mission of the College by equipping students to embrace and articulate a Christian perspective of physical activity and stewardship of the body that enable lifelong service to the Kingdom of God. The department seeks to foster a Reformed biblical perspective of fitness, sport, and leisure as it relates to the discipline. Graduates should be able to articulate an understanding of diversity issues including age, race, gender, learning style, differing abilities, socio-economic and cultural backgrounds, and their effects on human movement.

The physical education teacher education program prepares students to be excellent teachers and coaches. The major in Physical Education (K-12) is designed for students seeking an Illinois Professional Educator License with an endorsement in K-12 physical education.

FOUNDATIONS COURSEWORK
- First Year Experience
  - FYF 101/111
- Theology
  - THEO 121
  - THEO 122
- Philosophy
  - PHIL 101
  - PHIL 102/110/111/HON 108
- History
  - HIST 103
  - HIST 104
- English
  - ENGL 103/HON 103
  - ENGL 104
- Mathematics
  - One from MATH 103, 109, 110, 111, 141, 151
- Natural Sciences
  - Physical Science–laboratory based chemistry/physics course
- Fine Arts
  - One from 9 options
- Cross Cultural Studies
  - Two from 20 options

PROGRAM COURSEWORK
- Major Requirements
  - PE 110 Lifetime Fitness and Wellness
  - PE 130 Individual and Dual Sport Skills
  - PE 131 Team Sport Skills
  - PE 201 Foundations of Physical Education, Sport, and Recreation
  - PE 236 Prevention and Treatment of Sports Injuries
  - PE 251 Measurement & Evaluation in Physical Education and Health
  - PE 271 Motor Learning and Development
  - PE 278 Physiology of Physical Activity
  - PE 302 Organization & Administration of Physical Education, Recreation and Athletics
  - PE 315 Adaptive Physical Education and Recreation
  - PE 325 Curriculum Design in Physical Education & Health
  - PE 330 Societal Issues in Sport, Wellness, and Recreation
  - PE 333 Structural Kinesiology
  - PE 380 Methods in Physical Education for Secondary Education
  - PE 381 Methods in Physical Education for Elementary Education

- Required Cognates
  - BIOL 205 Human Anatomy and Physiology I
  - COMM 101 Fundamentals of Public Speaking
  - PSYC 123 Life Span Development

- Education Minor
  - EDUC 203 Introduction to Education
  - EDUC 209 Technology in Education
  - EDUC 303 Educational Psychology
  - EDUC 311 Literacy in the Disciplines
  - EDUC 312 Middle Grades Literacy
  - EDUC 380 Methods for General Educators
  - EDUC 454 Student Teaching Seminar: Contemporary Issues
  - Student Teaching – EDUC 450, 455, 459
  - SPED 216 Introduction to Exceptional Children

This plan includes Foundation and Major coursework. A minor is required and additional elective credits may be needed to reach the required 120 credit hours to earn degree.

7/20/2018