The Department of Applied Physiology, Sport Management and Wellness offers undergraduate and graduate programs. Its undergraduate programs include a major and three minors in applied physiology and sport management. Its graduate programs include an M.S. in sport management and a Ph.D. in education, with an emphasis in applied physiology. The department also offers the personal responsibility and wellness courses that are required of all undergraduate students as part of the University Curriculum, and a selection of sports and fitness activity courses are available as electives. The undergraduate and graduate programs have access to the department's two laboratories: the exercise physiology and biomechanics laboratory, which is housed within Simmons Hall, an d the Locomotor Performance Laboratory,

# DEPARTMENT OF TEACHING AND LEARNING

Eligibility for Student Teaching. Before being assigned to student teaching, candidates are reviewed by the faculty to determine whether adequate progress has been made in order to assume responsibility for school-age students. Such factors as academic performance, maturity and a demonstrated sense of responsibility are considered. Students must have a 3.000 GPA in all education courses before beginning student teaching, and all qualifiers must be passed prior to the studentteaching/internship experience.

Recommendation for Certification. Before the Department of Teaching and Learning will recommend a student for cert ification, the following requirements must be fulfilled: 24 hours of coursework, six hours of a satisfactory student-teaching or internship experience, and passing scores on two Texas Examinations of Educator Standards tests. The two TEXES tests for grades EC through six include the EC–12 Pedagogy and Professional Responsibilities Test and the EC through grade six Generalist Test. Students preparing for teaching in fourth through eighth grade middle schools must pass the EC-12 Pedagogy and Professional Responsibilities Test and the fourth through eighth grade Generalist Test. Students preparing for teaching in high schools must pass the TEXES Pedgogy and Professional Responsibilities Test for grades EC–12 and a TEXES test intheir content area. Music students must pass the music content test and the EC–12 Pedagogy and Professional Responsibility Test.

TExES Exam. All students seeking teacher certification are required to take and pass the state-mandated TExES exams in the desired area(s) of certification. In preparation for the TExES, students are required to take and successfully pass an SMU qualifying test. Students must attend preparation debriefs and participate in an online preparation module. When a student does not pass the TExES qualifier, a faculty mentor will develop an individual plan of supplemental study to complement a retake of the TExES qualifier.

Further information regardin g SMU's teacher preparation opportunities is available from the Department of Teaching and Learning, Southern Methodist University, 345 Simmons Hall, PO Box 750455, DallasTX 75275-0455; phone 214-768-2346; www.smu.edu/teacher.

Early Childhood-Grade 6 Courses	EDU 2350, 5121–23, 5318, 5327, 5331, 5349, 5355, 5357–58, 5363–64, 5385–86
Middle (Grades 4–8) and High School (Grades 8–12) Courses and Certification Areas	EDU 2350, 5124–26, 5318, 5327, 5335, 5348–49, 5367, 5371, 5373–76
Elective Education Courses (These courses arenot required by the state for teacher certification.)	EDU 2355, 3301, 4300

The Courses (EDU)

EDU 1099 (0). INTERNSHIP. This course requires a full-year assignment as the teacher of record in a public or accredited private school. Supervision by SMU faculty is required.

EDU 2349 (3). PSYCHOLOGY OF ADJUSTMENT. This course introduces the field of psychology, with emphasis on how people dealwith the problems and challenges of everyday life. Students learn about classical and contemporary theories, recent research, and applications of the science of psychologyto everyday situations.

EDU 2350 (3). EDUCATIONAL PSYCHOLOGY. This course focuses oraspects related to the learning process, such as education theories characteristics of learners, nature and measurements of abilities, motivation, and successful classroom practice.

EDU 2355 (3). LI TERACY AND SOCIETY. The primary function of this course is to serve as a structured service learning opportunity that fosters academic growth, citizenship, leadership, and civic responsibility. Readings and course adivities relate to the relationship between literacy and society. Throughout the semester, students will tutor local elementary school students, as well as complete related assignments.

EDU 4099 (0). FULL-TI ME STATUS. This course provides full-time status for students placed in an internship. Students must obtain permission to enroll in this course.

EDU 4300 (3). FOUNDATIONS OF TEACHING ENGLISH TO SPEAKERS OF OTHER LANGUAGES. Students will develop/analyze lesson plans in all content areas using TESOL competencies, emphasizing language concepts, acquisition, teaching and assessment strategies, and the role of culture in language acquisition.

EDU 5100 (1). SPECIAL TOPICS. Students work on a personalized system of instruction. Most of the work in this course is to be done as an independent study.

EDU 5121 (1). FI ELD EXPERI ENCE I: ELEMENTARY. This course gives students opportunities to work in appropriate school settings and allows them to observe a functioning classroom. Includes classroom setup, environment, organization, structure, and discipline.

EDU 5122 (1). FIELD EXPERIENCE II: ELEMENTARY. This course concerns special populations. It gives students opportunities to work in appropriate school settings and allows them to observe the teaching techniques used to help children with disabilities.

EDU 5123 (1). FIELD EXPERIENCE III: ELEMENTARY. This course gives students opportunities to work in appropriate school se ttings and to plan and teach lessons. Students shadow a teacher in preparation for student teaching.

EDU 5124 (1). FI ELD EXPERIENCE I: SECONDARY. This course givesstudents opportunities to work in appropriate school settings and allows them to observe a functioning classroom. Includes classroom setup, environment, organization, structure, and discipline.

EDU 5125 (1). FIELD EXPERIENCE II: SECONDARY. This course concerns special populations. It gives students opportunities to work in appropriate school settings and allows them to observe the teaching techniques used to help children with disabilities.

EDU 5126 (1). FI ELD EXPERIENCE III: SECONDARY. This course gives students opportunities to work in appropriate school settings and to plan and teach lessons. Students shadow a teacher in preparation for student teaching.

EDU 5200 (2). SPECIAL TOPICS. Students will work on a personalized system of instruction. Most of the work in this course is to be done as an independent study.

EDU 5300 (3). SPECIAL TOPICS. Students work on a personalized system of instruction. Most of the work in this course is to be done as an independent study.

EDU 5318 (3). FORMATI VE/ SUMMATI VE ASSESSMENT. This course is an explanation and practice of formal and informal assessment strategies and how assessment outcomes should inform instruction and be shared with families. All assignments relate to putting assessment skills into practice in the classroom.

EDU 5327 (3). INTEGRATING TEACHING AND LEARNING. This course reviews the nature and design of educational activities: theory, research, and practice of unit planning and lesson planning for active learning that me ets the needs of individual students.

EDU 5331 (3). CONTENT AREA STUDIES FOR ELEMENTARY SCHOOL. This course is an exploration of science, social studies, art, music, drama, and physical education content for EC through 6th-grade students and effective teaching strategies for each content area.

EDU 5335 (3). ADOLESCENT DEVELOPMENT AND COGNITION. This course focuses on theory of adolescent growth and development and its application in the classroom. The study of how adolescents learn and the conditions under which they learn best will guide this course.

EDU 5348 (3). INTRODUCTION TO DI VERSE LEARNERS. This course is a study of diversity, multicultural concepts, and inclusion and exploration of issues, policies, and professional practice relevant to teaching.

EDU 5349 (3). LEARNING ENVIRONMENT AND PROFESSI ONALI SM: EC-12. This course focuses on major issues facing teachers in establishing and maintaining a positive and productive learning environment, as well as the professional roles and responsibilities of teachers.

EDU 5355 (3). TEACHING MATHEMATICS IN ELEMENTARY SCHOOL. This course evaluates learning materials and teaching methods focusing on knowledge and skills required for EC through 6th-grade students.

EDU 5357 (3). EMERGENT LI TERACY. This course examines principles of literacy learning in

## CENTERS AND INSTITUTES

The Institute for Evidence-Based Education

www.smu.edu/EvidenceBasedEducation

Professor

speakers from the SMU faculty and public and private learning institutions throughout the country. The institute developed the school's Gifted Education graduate program that is offered through the Department of Teaching and Learning. In Applied Physiology and Enterprise program provides students with the solid research foundation that is necessary for læders, educators and practitioners in the prevention of chronic diseases that plague our society and affect our health-care system.

# Sport Management Concentration

Due to the explosion of interest in sport as a business, curricula to prepare management professionals are growing in number and prevalence. Further, as the business of sport becomes more complex, the preparation of professionals has become courses attempted for completion of a major or minor. All courses attempted that could count toward the major/minor are included in determining the major/minor GPA. Majors must be officially declared (or changed) through the Office of the Dean.

# **Core Courses and Concentrations**

Note: APSM courses completed with a grade below  $\alpha$ - will not be accepted toward fulfilling major requirements. All studen ts must complete 15–17 hours of core courses and 24–27 hours of concentration courses to obtain a B.S. in APSM. The core courses and concentrations are described below.

Credit Hours

#### General Requirements

## Student Responsibility for Completion of Degree Plan

Students are required to schedule a degreeplan conference with an APSM adviser at the time of their acceptance into the major. Note: Each term, students are required to attend a group advising session if they want to schedule individual appointments with their assigned adviser. Detailed information concerning academic regulations and degree requirements are provided at that time. Students are individually responsible for knowing and complying with all regulations and requirements that may apply to the APSM program.

## Application for a Degree

Students must submit to the Office of the Dean a formal application for graduation at the beginning of the term in which they will complete all degree requirements. Applications should be filed by the deadline date in the Official University Calendar.

### Credits

## Requirements for Obtaining Two Degrees Simultaneously

A student may select both concentrations within the APSM major in the Simmons School by completing all requirements in each concentration, along with the general requirements for a B.S. degree in APSM. However, a student may not be awarded APSM 3322 (3). BIOMECHANICS. This course introduces the scientific basis of support and motion in humans and other vertebrate animal s, drawing equally on musculoskeletal biology and Newtonian mechanics. *Prerequisite:* APSM 2310 Contemporary Issues.

APSM 3332 (3). LEGAL AND ETHI CAL ASPECTS OF APPLIED PHYSI OLOGY AND SPORTS MANAGEMENT. Legal and ethical implications related to careers within the fitness and sport industries are explored. Ethical practices and legalities related to safety, risk management, personnel, and contracts are also discussed *Prerequisite:* APSM 2310 or 2441.

APSM 3340 (3). APPLI ED MANAGEMENT SKILLS IN SPORTS AND FITNESS. An extensive study of organizational functions, methods of operation, types of ownership, and the role of organizations in contemporary society as they relate to fitness and sport enterprises today. *Prerequisite:* APSM 2310 or APSM 2441.

APSM 3351 (3). NUTRITION. An examination of the role that nutrition plays in health and optimal function including the impact of nutrition on obesity, heart disease, stroke, cancer, eating disorders and specific populations.

APSM 3372 (3). ADVANCED PUBLIC RELATIONS IN SPORT. This course provides an overview of sport industry-specific communications, including public relations, media relations, and community relations. *Prerequisite:* APSM 2310.

APSM 3411 (4). EXERCI SE PHYSI OLOGY WITH LABORATORY. Examines the physiological mechanisms underlying human movement. Topics include muscle physiology, respiration, cardiac function, circulation, energy metabolism, and their application to training. Students are expected to have a basic understanding of agebra, general chemistry, and anatomy and/or physiology prior to enrollment. *Prerequisites:* APSM 2441, 2442.

APSM 3422 (4). BI OMECHANI CS WI TH LABORATORY. This course introduces the scientific basis of support and motion in humans and other vertebrate animals, drawing equally on musculoskeletal biology and Newtonian mechanics. *Recommended:* PHYS 1303.*Prerequisite:* APSM 2441.

APSM 4159 (1), 4259 (2). INDEPENDENT STUDY IN APSM. For APSM majors or minors seeking to increase their experiential presenceand/or research capabilities. Enrollment is by faculty invitation only. *Prerequisite:* APSM 2310 or 2441.

# Personal Responsibility and Wellness www.smu.edu/wellness

The personal responsibility and wellness courses reflect the University's philosophy

PRW 2135 (1). PRW2: PHYSI CAL FITNESS: MOUNTAIN SPORTS. This class takes place outdoors at the SMU-in-Taos campus. Includes several hikes, a river raft trip, a mountain bike trip, and a volleyball tournament.

WELL 2115 (1). CHOICES II: BEGINNING TRIATHLON. Students cover the basics of the triathlon while training for a sp rint distance triathlon. This class satisfies the GEC Wellness requirement, but does not satisfy the new UC PRW requirement.

WELL 2116 (1). BEGINNING MARATHON TRAINING. This course is for the runner who is looking to take their sport to the next level. The class will help participants of all levels, from beginning runners to the more experienced, to gain skill and endurance and complete the White Rock Marathon at the end of the semester. Students will be charged a\$75.00 activity fee to cover marathon entry fees. This class satisfies the GEC Wellness requirement, but does not satisfy the new UC PRW requirement.

WELL 2117 (1). CHOI CES II: SPINNING. Cycling has long been recognized as an outstanding means for developing fitness. Spinning takes place indoors in a controlled, group setting and utilizes specialized indoor cycles. The class is uniquely tailored to suite a wide range of abilities and emphasizes road cycling-inspired training principles at self-directed paces. This class satisfies the GEC Wellness requirement, but dœs not satisfy the new UC PRW requirement.

WELL 2118 (1). CHOICES II: GROUP FITNESS. This class exposes students to variety of group fitness activities included but not limited to kick boxing, jogging, Pilates, calisthenics, indoor rowing and non-machine strength training, as well as other group fitness formats. During the Boot Camp style class participants will have a chance to enhance their endurance and overall physical fitness. This class satisfes the GEC Wellness requirement, but does not satisfy the new UC PRW requirement.

WELL 2119 (1). CHOI CES II: PI LATES. This class will introduce students to the discipline of Pilates, a total body conditioning exercise method that combines flexibility and strength activities. Pilates is designed to develop the mind and body uniformly by providing balance, flexibility and strength, improved posture, and st rengthened core muscles. This class satisfies the GEC Wellness requirement, but does not satisfy the new UC PRW requirement.

WELL 2122 (1). CHOICES II: ROCK CLIMBING. Introduces the recreational sport of rock climbing. Students learn safety skills and techniques necessary for successful rock climbing and have opportunities to climb outdoors and indoors. Special activity fee: \$50. This class satisfies the GEC Wellness requirement but doesnot satisfy the UC PRW requirement.

WELL 2125 (1). INTERMEDIATE TRIATHLON. Prepares the student to complete an Olympic triathlon – 1.5 km swim, 40 km bike, and a 10 km run. Bicycle care, training progressions and race strategies are covered *Prerequisite:* Completion of a sprint distance triathlon. This class satisfies the GEC Wellness requirement, but dœs not satisfy the new UC PRW requirement.

WELL 2129 (1). CHOI CES II: GOLF. Promotes golf and introduces new golfers to the game. This class, taught by PGA professionals utilizing state-of-the-art equipment, provides quality instruction to help students learn the skills, rule s, and etiquette of golf. Equipment is provided, if necessary. (This coursedoes not satisfy the UC PRW requirement but only fulfills the GEC Wellness requirement.)

WELL 2131 (1). CHOICES II: MOUNTAIN SPORTS. This class focuses on enjoying the amazing activities one can perform in the great outdoors. All the Wellness students participate in several hikes, a river raft trip, a mountain bike trip and a volleyball tournament. They will also be able to choose from other outdoor activities such as fly-fishing, rock climbing, horseback riding, and a field trip to Ojo Caliente Mineral Springs. This class satisfies the GEC Wellness requirement, but does not satisfy the new UC PRW requirement.

WELL 2132 (1). CHOICES II: RACQUETBALL I. Racquetball classes are held in the racquetball courts of the Dedman Center and aredesigned to accommodate all levels of physical skill. Rules, safety, skill techniques, strategy, and competitive play are progressively introduced throughout the term. Activities include workouts and stress reduction activities. This class satisfies the GEC Wellness requirement but does not satisfy the UC PRW requirement.

WELL 2135 (1). CHOICES II: TABLE TENNIS. Accommodates all levels of expertise. Students learn new table tennis techniques, refine known techniques, and gain a greater appreciation for this Olympic, lifetime sport. This class satisfies the GEC Wellness requirement but does not satisfy the UC Personal Reponsibility and Wellness requirement.

WELL 2136 (1). CHOI CES II: TENNISI. Provides instruction in the basic tennis skills of the forehand, backhand, volley, serve, lob, and overhead smash. Rules, code of conduct, and etiquette are emphasized. Game experience is complemented by skill practice and drills. This class satisfies the GEC Wellness requirement budoes not satisfy the UC PRW requirement.

and strength are enhanced through stretching and calisthenics. Self-defense techniques are practiced with partners in numerous real-life situations. This class satisfies the GEC Wellness requirement but does not satisfy the UC Personal Responsibility and Wellness requirement.

WELL 2150 (1). CHOICES II: JUDO. Judo means the gentle way. It is a safe combat sport that teaches students to apply maximum efficiency with minimum effort. These techniques allow students to better defend themselves, particularly against stronger opponents. This is accomplished by developing skills that yield to the attacker in order to throw the attacker off balance and gain an upper hand. This course teabes the basic skills of judo while emphasizing that judo is more than just a sport, it is a great opportunity to make new friends, have fun and challenge yourself with new experiences inboth physical and spirit ual aspects. This class satisfies the GEC Wellness requirement, but dœs not satisfy the new UC PRW requirement. WELL 2151 (1). CHOICES II: SELF-DEFENSE.

552 Simmons School of Education and Human Development

# CLIENT SERVICES

The Simmons School operates a number of centers and clinics open to the community. Services provided by these centers are available on a limited basis, and some Arbitration is an alternative to litigation that allows parties to have more control over their case but still leaves the ultimate decision about how to resolve the dispute to a neutral third party. The process is similar to a trial but with fewer procedural restrictions. If parties have an arbitration clause in a contract, or just wish to utilize arbitration to settle their dispute, they may contact SMU directly.

Most mediated settlements are completed in one meeting, saving time and money. Legal or other representation is permitted but is not required. A mediated settlement or arbitrated award can be binding upon both parties. Mediation is a confidential process, and communications and settlement discussions cannot be used as evidence in any future court proceedings, except in very limited circumstances. In arbitration, the parties and the arbitrator may choose to restrict or prohibit disclosure of information and ev idence presented during the arbitration outside the arbitration process. The parties pay only a minimal administrative fee to SMU for mediation or arbitration.

Center for Family Counseling www.smu.edu/FamilyCounseling

#### The Writer's Path

#### www.smu.edu/ CreativeWriting

The Writer's Path is a creative writing program that guides individuals in the process of writing for publication. Progressive noncredit courses take students from the development of writing ideas, through the pr eparation of a draft, to the revisions and polish. Qualified students are eligible to participate in a trip to New York where they visit publishing houses and meet professional publishers and editors.

#### Center on Research and Evaluation

#### www.smu.edu/CORE

The development of new knowledge through research and evaluation is essential to the effectiveness of 21st-century schools of education. The goal of SMU's Center on Research and Evaluation is the pursuit and dissemination of knowledge to improve outcomes for children and families. CORE is both a research center designed to support Simmons faculty members in their efforts to procure funding, implement research projects and disseminate findings and an evaluation center that designs and conducts systematic evaluations of regonal and national projects and activities.