Lower Division

**PEAK 101-184 Activity Courses (1)**
Instruction in a variety of sports and fitness activities. Offered on a credit, no-credit basis only. (Students may apply to graduation a maximum of 8 total units of credit earned in PEAK activity courses, General Studies courses, or any approved equivalent courses.)

**PEAK 200 Perspectives in Physical Education and Kinesiology (5)**
An introduction and orientation to the fields within physical education and kinesiology in terms of an historical perspective and professional/career opportunities. In addition, an orientation to the major, curriculum. Lecture/discussion. This course is a prerequisite to all other PEAK courses 300-level and above (can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework. Prerequisite: GE A2, declared PEAK major and sophomore standing.

**PEAK 250-268 Intercollegiate Sports (2)**
Daily instruction in intercollegiate activities. May be repeated for credit according to season. Field trips required. Subjects are: Baseball, Men’s and Women’s Basketball, Women’s Cross Country, Men’s and Women’s Golf, Men’s and Women’s Soccer, Softball, Men’s and Women’s Swimming, Women’s Sand Volleyball, Men’s and Women’s Track and Field, Women’s Volleyball, Women’s Water Polo, and Wrestling. Prerequisite: CSUB intercollegiate athlete status or permission of the instructor.

**PEAK 290 Care and Prevention of Athletic Injuries (4)**
An introductory course for prospective athletic trainers, coaches, physical educators, and exercise physiologists to provide basic knowledge and skill in the care and prevention of athletic and physical activity related injuries. Three units of lecture/discussion; one unit of lab.

Upper Division

**PEAK 300 Motor Learning (4)**
A study of selected factors that influence the acquisition and retention of gross and fine motor skills, with emphasis on theoretical models of motor control and learning and the role of motor and sensory systems. Three units of lecture/discussion; one unit of lab. Prerequisite: GE B4, PEAK 200.

**PEAK 305 Motor Development (4)**
A study of the relationship between physical growth, motor development, and motor performance of individuals from infancy through old age, with emphasis on age, gender, and mental/physical limitations. Three units of lecture/discussion; one unit of lab. Prerequisite: GE B4, PEAK 200.

**PEAK 310 Measurement and Evaluation in Physical Education and Kinesiology (4)**
A study of measurement and evaluation procedures used in physical education, exercise science, and other fields within kinesiology. Emphasis is placed on application of statistical procedures and various measurement instruments/techniques, as well as interpretation of measurement results. Three units of lecture/discussion; one unit of lab. Prerequisite: GE B4, PEAK 200.

**PEAK 325 Psychological and Sociological Aspects of Fitness and Sport (5)**
A study of psychological and sociological factors as they relate to play, sport, physical activity, and fitness. Lecture/discussion. Prerequisite: PEAK 200.

**PEAK 331 Elementary Physical Education (3)**
Designed to provide future physical education teachers with an understanding of developmentally and instructionally appropriate physical education for children. Students receive instruction and practice in teaching competencies with emphasis placed on teaching strategies, lesson plan development, class management techniques, safety procedures, and critical evaluation of one’s own teaching. Students develop a functional understanding of the curricular concepts and teaching techniques through reading, lecture/discussion, and teaching practice activities. Three units of lecture/discussion. Taken concurrently with PEAK 332. Prerequisite: PEAK 200.

**PEAK 332 Practicum in Elementary Physical Education (2)**
Supervised practical experience in an elementary physical education setting. Emphasis is placed on applying knowledge gained through physical education courses as well as learning new related concepts and skills through movement experiences, peer-teaching, and field experience. The course requires assigned hours at elementary schools and scheduled seminar meetings. Taken concurrently with PEAK 331. Prerequisite: PEAK 200.

**PEAK 345 Physical Education for the Elementary School Teacher (5)**
Designed to provide future elementary classroom teachers with an understanding of developmentally and instructionally appropriate physical education for children. Students develop a functional understanding of the curricular concepts and teaching techniques through reading, lecture/discussion, movement experiences, peer-teaching, and field experience. Four units of lecture/discussion, one unit of lab. Not available to PEAK majors.
PEAK 351-357 Theory of Coaching (2)
Selected study of theory, philosophy, methods, and techniques relating to the coaching of a variety of sports. Emphasis on practice and event preparation; individual and team fundamentals; offensive and defensive techniques and strategies; motivation, training, and conditioning; and program administration and evaluation. Lecture/discussion, and activity. Subjects include: basketball, competitive swimming, soccer, softball, tennis, track and field, volleyball, and wrestling.

PEAK 362 Sports Officiating (2)
Theory and practice of officiating sports for school extramural athletic programs. Lecture, demonstration, and practice leading to certification or local rating. Sports that are covered include football, basketball, soccer, volleyball, and softball/baseball.

PEAK 370 Advanced Coaching Series (2-5)
Advanced study of theory, philosophy, methods, and techniques relating to the coaching of a variety of sports. Emphasis is placed on practice and event preparation; individual and team fundamentals; offensive and defensive techniques and strategies; motivation, training, and conditioning; and program administration and evaluation. Lecture/discussion and activity. Prerequisite: Permission of the instructor. Subjects include: basketball, competitive swimming, field sports for women, football, softball, tennis, track and field, volleyball, and wrestling.

PEAK 373 Psychology of Coaching (5)
A study of coaching philosophy; communication and motivation principles; effective sport skills instruction; and player, team and self-management. Emphasis is placed on specific skill development related to enhancing player performance from a psychological perspective, understanding and managing team behavior, and improving the player-coach relationship. Through examination, students earn California Interscholastic Federation (CIF)/American Sport Education Program (ASEP) Bronze Level 1 Coaching Certification. Students also have the opportunity to earn American Red Cross CPR Certification. Lecture/discussion. Membership in the National Federation of High School Coaches Association required.

PEAK 381 Methods of Tumbling and Gymnastics (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through gymnastics and tumbling activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 382 Methods of Combative Activities (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through self defense activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 383 Methods of Rhythm and Dance (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through social, cultural, and contemporary dance activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 384 Methods of Aquatics and Water Safety (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through swim, water polo, diving, and emergency prevention activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 385 Methods of Outdoor and Nontraditional Activities (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through hiking, orienteering, wilderness survival, cooperative and adventure based activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.
PEAK 386 Methods of Lifetime Fitness (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through (but not limited to) aerobics, inline skating, multi-sport, and functional exercise activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 387 Methods of Individual Sports and Games (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through (but not limited to) golf, archery, bowling and individual and manipulative activities. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 388 Methods of Dual Sports and Games (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through dual and manipulative activities such as (but not limited to) tennis, racquetball, Frisbee, and badminton. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 389 Methods of Invasion Sports and Games (2)
General characteristics of young adolescents and physical education outcomes for middle and high school students are addressed through invasion type activities such as (but not limited to) soccer, basketball, team handball, and ultimate Frisbee. Emphasis is placed on the development of content knowledge, skill acquisition, and teaching techniques critical to middle and high school settings. Major pedagogical themes and concepts covered in the physical education concentration are integrated and reinforced through course content and field experience. Lecture and lab format. Prerequisite: PEAK 200.

PEAK 397 Advanced Nutrient Utilization for Sport and Human Performance (5)
 Exploration of macronutrients, micronutrients, nutritional ergogenic aids, cardiovascular disease prevention and sports performance in humans. Content focuses on fluid/electrolyte balance, vitamin metabolism, antioxidant nutrients, and special nutritional needs of female athletes in the context of the female athlete triad. Student will also learn methods for assessing current nutritional status.

PEAK 400 Adapted Physical Education (5)
A study of individuals with physical and mental disabilities requiring specialized physical education and rehabilitation. Emphasis is placed on the development and implementation of appropriate physical education programs for disabled individuals. Four units of Lecture/discussion; one unit of lab. Prerequisites: PEAK 300 and 305 or concurrent.

PEAK 401 Applied Kinesiology (5)
A study of musculoskeletal structure and function along with basic biomechanical principles as they relate to human movement. Emphasis is placed on application of acquired knowledge to the analysis of various human movements ranging from everyday activities to those that are sport specific. Four units of lecture/discussion; one unit of lab. Prerequisites: PEAK 200, BIOL 250; GE B4.

PEAK 402 Practicum in Adapted Physical Education (5)
Supervised practical experience in adapted physical education. Emphasis placed on implementing techniques learned in PEAK 400. Students are responsible for the development and implementation of specific individualized instructional programs for disabled persons in public schools, private schools, and the community. Students are also responsible for program assessment. This course requires 50 hours of assigned practical experience, including scheduled seminar meetings. Prerequisites: PEAK 400 and consent of the instructor.

PEAK 404 Physiology of Exercise (5)
An introductory study of human physiological adaptations to acute and chronic exercise. Emphasis is placed on relevant information, such as proper exercise to promote/develop fitness, and its practical application in physical education, fitness, and athletic training settings. Four units of lecture/discussion; one unit of lab. Lab fee required. Prerequisites: PEAK 200, BIOL 255 and 256; GE B4.

PEAK 406 Advanced Physiology of Exercise (5)
An advanced study of human physiological adaptations to acute and chronic exercise. Emphasis is placed on a more detailed study of topics covered in the introductory physiology of exercise course (PEAK 404) along with a study of new topics relevant to a broader understanding of exercise physiology. Laboratory experiences reinforce lecture content as well as introduce students to equipment and procedures utilized in various professional and research applications. Four units of lecture/discussion; one unit of lab. Lab fee required. Prerequisite: PEAK 404.

PEAK 430 Women in Sport (5)
A multidisciplinary study of the problems, patterns, and processes associated with women's sport involvement in our culture. Reflects changing trends in education and society, including current legislation and feminist ideas. Satisfies a course requirement for the Women's Studies Minor. Lecture/discussion. Prerequisite: Minimum sophomore standing. GRE
PEAK 431 Secondary School Physical Education (3)
Advanced instruction and practice in planning, developing, and implementing, 7-12 physical education curriculum in a sequential and developmentally appropriate manner. Designed to provide future secondary physical education teachers with an understanding of developmentally and instructionally appropriate physical education for middle and high school students. Additional emphasis placed on teaching strategies, lesson plan development, classroom management strategies, safety procedures, and critical evaluation of one’s own teaching. Students develop a functional understanding of the curricular concepts and teaching techniques through reading, lecture/discussion, movement experiences. Three units of lecture/discussion. Taken concurrently with PEAK 432. Prerequisite: PEAK 331, 332.

PEAK 432 Practicum in Secondary School Physical Education (2)
Supervised practical experience in a secondary physical education setting. Emphasis is placed on applying knowledge gained through physical education courses as well as learning new related concepts and skills through movement experiences, peer-teaching, and field experience. The course requires assigned hours at middle and high schools and scheduled seminar meetings. Taken concurrently with PEAK 431. Prerequisite: PEAK 331, 332.

PEAK 475 Applied Biomechanics (4)
A study of basic qualitative and quantitative biomechanical principles and concepts and their application in the analysis of various human movements ranging from everyday activities to those that are sport-specific. Three units of lecture; one unit of lab. Prerequisite: PEAK 401.

PEAK 481 Promoting Wellness: An Introduction to Health Behavior Theories and Comprehensive Health Education (3)
This is the introductory course in the Health Science Education series. This course examines health behavior theories and comprehensive health education for schools and other relevant educational programs. Students learn how health education has experienced a paradigm shift from a problem-focused perspective to that involving health promotion in terms of asset building and positive youth development.

PEAK 482 Promoting Wellness: Intentional and Unintentional Injuries and Drug Abuse Education (4)
This course offers an analysis of the factors influencing human use and abuse of drugs, alcohol and other substances and their effects on the health and well-being of the individual, family, and society. Also addressed are intentional and unintentional injuries, as well as CPR.

PEAK 483 Promoting Wellness: Family Living and Prevention of Unintended Pregnancy, HIV, and Other Sexually Transmitted Diseases (4)
This course examines characteristics of caring families, changes in families, abuse within families, communication skills, relationships, dating, marriage, and parenthood. Also, current information about HIV/AIDS and other sexually transmitted diseases are presented along with issues surrounding testing, confidentiality of HIV status, and related laws.

PEAK 484 Promoting Wellness: Nutrition and Fitness (4)
This course familiarizes students with the social, cultural, and ethnic differences in the selection and preparation of food, weight-loss programs, dietary supplements, body image and self-concept, advertising, and food labeling. Also, content is presented on appropriate planning and implementation of fitness activities for the development and maintenance of lifelong health fitness.

PEAK 485 Exercise Testing and Prescription (4)
A study and application of: 1) basic principles and techniques for valid, reliable, and safe testing of health fitness, performance fitness, and functional capacity (clinical testing) for various populations; and 2) the development of appropriate individualized exercise prescriptions based upon test results. Three units of lecture/discussion; one unit of lab. Lab fee required. Prerequisite: PEAK 404.

PEAK 486 Exercise Programming for Fitness and Performance (4)
A study of the development and implementation of appropriate individual exercise programs for the improvement/maintenance of health fitness and performance fitness. Emphasis is placed on gaining practical experience in various exercise training techniques and developing comprehensive programs that address specific individual needs. Three units of lecture/discussion; one unit of lab. Prerequisite: PEAK 404.

PEAK 489 Experiential Prior Learning (1-5)
Credit for learning gained through prior off-campus experience related to the curriculum of the department. Requires documentation and department chair approval. Offered on a credit, no-credit basis only. This course is repeatable for a maximum of five units. [By Petition]

PEAK 490 Senior Seminar in Physical Education and Kinesiology (5)
A terminal, integrating course designed to provide majors with an opportunity to demonstrate a synthesis and application of their acquired knowledge and skills through a culminating paper/project. Lecture/discussion; development and presentation of an approved culminating project. Prerequisite: Must be taken during the last quarter in which the course is offered prior to graduation, or permission of the instructor.
PEAK 496 Internship in Physical Education and Kinesiology (5)
Supervised intern experience within a school system, university program, agency, business, or industry for the purpose of acquiring additional knowledge and skills desirable for professional development. Specific requirements for academic credit will be developed and evaluated by a department faculty mentor and the field supervisor. This course is repeatable for a maximum of five units. [By Petition]

PEAK 497 Cooperative Education (5)
The Cooperative Education program offers a sponsored learning experience in a work setting, integrated with a field analysis seminar. The field experience is contracted by the Cooperative Education Office on an individual basis, subject to approval by the department. The field experience, including the seminar and reading assignments, is supervised by the cooperative education coordinator and the faculty liaison (or course instructor), working with the field supervisor. Students are expected to enroll in the course for at least two quarters. The determination of course credits, evaluation, and grading are the responsibility of the departmental faculty. Offered on a credit, no-credit basis only. The department will determine application of credit. [By Petition]

PEAK 498 Practicum in Exercise Science (5)
Supervised practical experience in a fitness and/or rehabilitation (e.g., cardiopulmonary; physical therapy) setting. Emphasis is placed on applying knowledge gained through exercise science courses as well as learning new related concepts and skills through the practicum experience. The course requires 50 hours of assigned practical experience, including scheduled seminar meetings. Prerequisites: Senior status and PEAK 485 and 486 or concurrent.

PEAK 499 Individual Study (5)
Exploration of a specific topic, primarily through directed research or assignments with a professor. Prerequisites: consent of instructor and approval of both the Department Chair and Dean of the School of Social Science and Education. [By Petition]