

# PHYSICAL EDUCATION, HEALTH, AND RECREATION

Johnson Gymnasium  
(616) 471-3253



PEAC107 or equivalent.

**PEAC208 (1)**

***Intermediate Self-Defense***

Technical application of the physical aspect of Self-Defense techniques. Instruction includes proper technique utilization, de-escalation tech-

***Organization and Administration of Physical Education***

Techniques and methods of organizing and administering a physical education department. Areas include facility management, supervision of workers, budgeting, intramural organization, public relations, and legal issues. Should be taken the senior year.

**PETH470** **Alt (1)**

***Seminar in Physical Education and Health***

Explores current issues relevant to physical education and health by means of presentations, readings, and projects. Prerequisites: PETH306, 370, 374.

**PETH495** **(1-4)**

***Independent Study/Reading/ Research/ Project***

Independent Study: Directed study in an area of interest resulting in a formal term paper. Independent Readings: Weekly meetings with the instructor for individual assignments and reports. Independent Research: Design and execution of an experiment or causal-comparative research.

