

Physical education

www.goshen.edu/physed

Based on the belief that exercise and physical activity make a significant contribution to the growth and development of each individual, the physical education program is viewed as a valuable and integral part of the total curriculum at Goshen College. This program is guided by a philosophy that emphasizes the following: a commitment to the value of physical activity for all people, a scientific understanding of exercise and physical activity, the significance of critical, creative and reflective processes in teaching, and the importance of personal and professional integrity. More specifically, the physical education program encourages majors to develop the knowledge and skills for effective group leadership, teaching, motor skill performance and the application of movement concepts. Dispositions emphasized in the program include valuing personal fitness and wellness and an appreciation for human movement as a mode of expression.

Courses and internships prepare GC graduates for careers in teaching, sport management, personal training, retail sales, broadcasting, reporting and graduate work.

In addition to gaining knowledge and skills in physical education classes, most majors compete in intramural and intercollegiate sports. At the Roman Gingerich Recreation-Fitness Center, majors have significant opportunities to work in sports information, athletic training, lifeguarding, leading intramurals and as staff at the control desk.

Teaching physical education

The overall goal of the physical education teaching program is to provide experiences that enable prospective physical educators to acquire the knowledge, skills and dispositions needed to conduct developmentally and instructionally appropriate physical education programs. This teaching track prepares students to take the necessary tests for certification (grades 5-12 or K-12) and includes courses such as kinesiology, exercise physiology, history and philosophy, administration of physical education, motor learning, sports skills and teaching instruction. The teaching major involves professional preparation in field placements with physical educators at local schools. An entire term during the senior year is devoted to full-time student teaching.

Sport management

The expanding field of sport management has created job opportunities in fitness clubs, YMCAs, camps, parks and retail businesses. A physical education major with a sport management concentration prepares students for those positions and others.

Sport management students take accounting, management and marketing courses, including psychology, computer science, nutrition or small business concepts, along with their physical

education classes. Most importantly, students have the opportunity to gain professional experience through an internship scheduled during their senior year. The practicum opportunities provide students with community connections that could lead to job opportunities after graduation.

Sport communication

The sport communication concentration prepares nonteaching physical education majors for careers in sports broadcasting, journalism and public relations. The concentration includes core physical education and communication courses such as "Communication Theories," "Reporting for the Mass Media" and "Written Communication." Each student with a sport communication concentration also undertakes a field experience at a college, local radio or television station or for a college or area newspaper.

Coaching endorsement

Students in any teaching major may supplement their studies with an endorsement in junior high and high school coaching. GC's coaching endorsement program is certified by the state of Indiana and includes courses in first aid and CPR, basic athletic training and the theories and techniques of coaching.

Intramurals

More than half of the GC student body participates in the college's intramural program. Season long leagues in various sports include: outdoor and indoor soccer, indoor volleyball, basketball, Ultimate Frisbee, and 4 vs. 4 sand volleyball. There are numerous weekend tournaments that include flag football, dodge ball, badminton, racquetball and table tennis. Several informal events such as Ultimate Frisbee, sand volleyball, roller hockey, tennis and outdoor basketball are held on campus during the day. The mission of the intramural program is to provide an atmosphere of relaxation, to encourage students to stay involved in a sport and to provide healthful social opportunities. Varying leagues are provided to attract not only the most competent athlete, but those who just want to play and have fun as well.

Intercollegiate athletics

GC's intercollegiate athletic teams are an integral part of the whole college curriculum. Intercollegiate athletics challenge the highly skilled athlete, while enhancing health and well-being. The athletic program, which is part of the student life division, promotes social responsibility, servant leadership and plays a key role in raising campus spirit.

Because GC is a member of the National Association of Intercollegiate Athletics and the Mid-Central College Conference,

all teams have the chance to advance to national competition. GC sports include men's and women's basketball, cross country, soccer, tennis and track and field; men's baseball and golf; and women's softball and volleyball.

Scholarships

There are two departmental endowed/restricted scholarships available for students enrolled in physical education. The Ruth and Romaine Sherman Scholarship is awarded to majors who demonstrate financial need. Active participation as a major and grade point average are considered in determining recipients. The Lloyd and Evelyn Hostetler Scholarship is awarded to majors with demonstrated leadership ability in the school, church and community throughout their high school years.

Facilities

The Roman Gingerich Recreation-Fitness Center is home to the physical education department, athletic department and intramural programs. The facility opened in 1994.

The Gingerich Center's exercise science laboratory includes Peak Performance video analysis equipment, a treadmill with stress test capability and extensive motor learning equipment.

In addition, the facility houses a 25-yard swimming pool, about 200-meter track, four racquetball courts, a large weight room and gymnasium space for three basketball courts.

Also part of campus are three soccer fields (one lighted), 10 tennis courts (six lighted), varsity and intramural baseball and softball fields, and a three-hole golf course. The city of Goshen's bike/pedestrian trail cuts through campus and space for walking, running and cross country skiing is located next to the main part of campus. In addition, the 1,150-acre Merry Lea Environmental Center, for cross country skiing and outdoor living courses, is located about 30 minutes from campus.

Typical plan of study

First year

- Wellness Colloquium
- History and Philosophy of Physical Education
- Sports Skill Electives
- Chemistry and Physics of Life
- Basic Athletic Training
- Human Biology with depth credit or Human Anatomy and Physiology
- First Aid and CPR
- General education

Second year

- Inclusive Schooling
- Psychology of Motor Learning
- Sports Skill Elective
- Exercise Physiology
- Physical Education for Children
- Administration of Physical Education
- Theory and Techniques of Coaching
- General education
- SST

Third year

- Teaching Sports Skills and Strategies
- Sports Skill Elective
- Kinesiology
- Educational Psychology
- Secondary Curriculum Instruction
- General education

Fourth year

- Student teaching
- Secondary Education Seminar
- Balance of major courses
- Senior Seminar
- General education

NOTE: Classes vary according to concentration. The above listing is typical for students seeking to teach physical education.

Positions held by Goshen physical education graduates

- physical educator, pre-school to college
- personal trainer
- occupational therapist
- physical therapist
- recreation leader
- recreation therapist
- sport coach
- YMCA and YWCA workers
- youth minister
- nutritionist

Faculty

Stan Daugherty, M.S., associate professor of physical education; B.A., Taylor University; M.S., Ball State University.

Valerie Hershberger, M.S., associate professor of education; B.S., Eastern Mennonite College; M.S., James Madison University.

Jewel Lehman, Ed.D., associate professor of education; B.S., Eastern Mennonite College; M.S., James Madison University; Ed.D., University of North Carolina at Greensboro.

Steve Wiktorowski, M.S., assistant professor of physical education; B.S., M.S., Indiana University.

Athletic director

Ken Pletcher, M.A., associate professor of education; B.A., Goshen College; M.A., Indiana University.