
DEPARTMENTAL FACULTY

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COURSES OF INSTRUCTION

DEPARTMENT OF PHYSICAL EDUCATION

Undergraduate Courses

EDFI 3038. RECREATIONAL SWIMMING.
One credit hour. One hour of lecture and one hour
of practice per week. Prerequisite: EDFI 3245.

Skills and techniques of recreational aquatic games.

**EDFI 3058. FUNDAMENTALS OF TRACK
AND FIELD.** Two credit hours. One hour of lecture
and two hours of practice per week.

Theory and practice of the basic skills in track and
field events.

**EDFI 3075. DEVELOPMENT, TRAINING AND
TECHNIQUE OF SPORTS.** Two credit hours. One
hour of lecture and two hours of practice per week.
Prerequisite: EDFI 3058.

Theory, strategy and mechanics of coaching various
interscholastic and intercollegiate track and field
events.

EDFI 3076. PERSONAL TRAINING. One credit
hour. One hour of conference and one hour of
practice per week.

Basic programs of physical fitness designed for the
individual's needs using scientific knowledge and
the practice of physical activities.

**EDFI 3077. FUNDAMENTALS OF SOFTBALL
AND BASEBALL.** One credit hour. One hour of
lecture and one hour of practice per week.

Theory and practice of basic skills of softball and
baseball.

EDFI 3078. TEACHING OF ULTIMATE. One
credit hour. One hour of lecture and one hour of
supervised practice per week.

Study of the concepts and methods of teaching
Ultimate Frisbee. Effective execution of the skills
necessary to practice this sport in a competitive and
recreational way. Discussion of techniques for
teaching these skills to foment the creation of
Ultimate Frisbee programs in schools and in the
community with the purpose of offering an
entertaining and economical way of promoting a
healthier and more physically active lifestyle.

EDFI 3090. PHYSICAL EDUCATION FOR THE PRESCHOOL LEVEL. Three credit hours. Two hours of lecture and one two-hour workshop per week.

Study of the fundamental aspects of psychomotor, cognitive, and affective development of the preschooler and their relation and application to physical education. Methods and techniques for the effective teaching of physical education with emphasis on the selection, organization, and evaluation of activities of movement at this level.

EDFI 3095. COACHING AND OFFICIATING BASKETBALL. Two credit hours. One hour of lecture and two hours of practice per week. Prerequisite: EDFI 3215.

Theory and practice in coaching and officiating basketball.

EDFI 3098. METHODS AND TECHNIQUES IN ADAPTED PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week. Prerequisites: EDFI 3395. Co-requisite: EDFI 3696.

Methods in assessment, programming, service delivery and evaluation of physical education programs for individuals with disabilities since infancy. Emphasis in the administration and interpretation of tests, writing of individualized plans in physical education within an individualized education plan (IEP) or the individualized family service plan (IFSP). Further in-dept coverage of techniques for individualizing teaching and intervention from diverse perspectives of models: developmental, functional family-centered and ecological foci.

EDFI 3106. LOW ORGANIZATION AND SPORTS LEAD-UP GAMES WITH LABORATORY. Three credit hours. Two hours of lecture and two hours of laboratory/practice per week. Prerequisite: EDFI 4179.

Teaching and practice of low organization games, modified activities and introductory games to sports, in the elementary physical education curriculum. Emphasis in appropriate teaching practices aligned to content standards in the K-3rd elementary physical education in contrast to physical education 6th – 12. Includes laboratory experiences.

EDFI 3205. INTRODUCTION TO GYMNASTICS. One credit hour. One hour of lecture and one hour of practice per week.

The learning and development of skills in acrobatic, rhythmic and aerobic gymnastics.

EDFI 3215. FUNDAMENTALS OF BASKETBALL. One credit hour. One hour of lecture and one hour of practice per week.

Theoretical and practical approaches to basketball.

EDFI 3225. FUNDAMENTALS OF VOLLEYBALL. One credit hour. One hour of lecture and one hour of practice per week.

Theoretical and practical approaches to volleyball.

EDFI 3235. SCOUTING. Two credit hours. Two hours of lecture per week.

History of scouting, troop organization, and problems in the organization of the different activities that characterize a progressive troop.

EDFI 3245. ELEMENTARY SWIMMING. One credit hour. One hour of lecture and one hour of practice per week.

A course for beginners, with emphasis on the various strokes.

EDFI 3246. AQUATIC SKILLS. One credit hour. One hour of lecture and one hour of practice per week. Prerequisite: EDFI 3245.

Aquatic techniques, with emphasis on recreation: water safety, lifesaving, skin diving, and underwater fishing. Field trips required.

EDFI 3255. ADVANCED SWIMMING. One credit hour. One hour of lecture and one hour of practice per week. Prerequisite: EDFI 3245.

A course for advanced swimmers with emphasis in the improvement of strokes.

EDFI 3265. WEIGHT LIFTING AND WEIGHT TRAINING FOR DIFFERENT SPORTS. One credit hour. One hour of lecture and one-hour laboratory per week.

Training techniques and development of skills in weight lifting and weight training for different sports.

EDFI 3285. AQUATIC SKILLS AND WATER SAFETY. One credit hour. One hour of lecture and one-hour laboratory per week. Prerequisite: EDFI 3245.

Training, techniques and development of skills in aquatic activities, and water safety.

EDFI 3295. ELEMENTARY TENNIS. One credit hour. One hour of lecture and one hour of practice per week.

Training, techniques, and development of skills in tennis.

EDFI 3296. ADVANCED TENNIS. One credit hour. One hour of conference and one hour of supervised practice per week. Prerequisite: EDFI 3295.

Development of techniques and advanced practice of tennis skills including strokes and strategies for competitive play. The student is expected to play singles and double matches applying basic and complex skills.

EDFI 3305. FOLK DANCES. One credit hour. One hour of lecture and one hour of practice per week.

Theory and practice of different folk dances.

EDFI 3325. CURRICULUM IN PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week. Prerequisite: EDFU 3002, EDFU 3007 y EDFU 4019.

Philosophy, principles and major trends in curriculum design for particular grade levels.

EDFI 3380. PHYSICAL ACTIVITIES AND THE ELDERLY. Three credit hours. Three hours of lecture per week. Prerequisite: CIBI 3002 or CIBI 3032.

Development of beneficial exercises and activities for the elderly.

EDFI 3395. ADAPTED PHYSICAL EDUCATION: EXCEPTIONALITY AND DISABILITIES. Three credit hours. Three hours of lecture per week.

Principles, state and federal laws on special education applicable to adapted physical education. Nature and needs of exceptional students and those with disabilities, in the teaching of physical education from inclusion to other least restrictive environments. Adaptations include assistive technology. Field trips of at least 15 observation hours are required. As well as an assessment project.

EDFI 3397. TEACHING PHYSICAL EDUCATION IN ELEMENTARY AND SECONDARY SCHOOLS. Three credit hours. Three hours of lecture per week.

Methods and activities for teaching physical education in elementary and secondary schools.

EDFI 3408. ADAPTED AQUATICS ACTIVITIES. Two credit hours. One hour of lecture and two hours of supervised practice per week. Prerequisites: (EDFI 3245 and EDFI 3395) or authorization of the Director.

Methods of teaching and planning aquatic activities oriented to persons with disabilities. Development and application of inclusion strategies in adapted aquatics for persons with different types of disabilities.

EDFI 3465. PERSONAL AND COMMUNITY HEALTH. Three credit hours. Three hours of lecture per week.

Basic knowledge of current individual and community health problems.

EDFI 3555. HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week.

The origin, nature and development of physical education to the present time as formative experience and medium of education.

EDFI 3596. FUNDAMENTALS OF SOCCER. One credit hour. One hour of lecture and one hour of practice per week.

Theory and practice of soccer.

EDFI 3615. COACHING AND OFFICIATING SWIMMING. Two credit hours. One hour of lecture and two one-hour laboratories per week. Prerequisite: EDFI 3245.

Theory, strategy, and techniques in coaching swimming.

EDFI 3620. TRIATHLON TRAINING. Two credit hours. One hour of conference and two hours of practice per week. Prerequisite: EDFI 3245.

Theory and practice of triathlon training and coaching.

EDFI 3645. FIRST AID AND SECURITY. Two credit hours. Two hours of lecture per week.

Incidence, causes and prevention of injuries; adequate procedures for the prevention and treatment of emergency situations.

EDFI 3649. SUMMER PRACTICUM IN ADAPTED PHYSICAL EDUCATION. Four credit hours. One hundred fifty hours of practicum. Prerequisites: (EDFI 3395 and EDFI 3645) or authorization of the Director of the Department.

Practical work and field experience for students in physical education, sports, and/or recreation programs that include persons with disabilities. The student will plan and apply strategies for the teaching of adapted physical activities to individuals with disabilities. The student will be jointly supervised by the Department of Physical Education and a qualified representative from the participating programs. The student will present a portfolio and a reflective journal upon the completion of the work done in the program.

EDFI 3665. RECREATIONAL SPORTS. Two credit hours. Two hours of lecture per week.

Methods, materials, and techniques in teaching selected recreational activities.

EDFI 3685. FUNDAMENTALS OF HANDBALL AND RACQUETBALL. One credit hour. One hour of lecture and one hour of practice per week.

Theory and practice of handball and racquetball.

EDFI 3696. LABORATORY OF METHODS AND TECHNIQUES IN ADAPTED PHYSICAL EDUCATION. One credit hour. One two-hour laboratory per week. Prerequisite: EDFI 3395. Co-requisite: EDFI 3098.

Administration of tests, scheduling of activities, and application of teaching methods in areas of physical education for individuals with disabilities.

EDFI 4000/SOCI 4000. SOCIOLOGICAL FUNDAMENTALS OF RECREATION AND SPORTS. Three credit hours. Three hours of lecture per week.

The interaction among society, sports, and recreation.

EDFI 4005. FUNDAMENTALS OF MOTOR LEARNING. Three credit hours. Three hours of lecture per week. Prerequisite: CIBI 3002 or CIBI 3032.

Aspects of physiology, psychology, and education that form the basis for understanding motor activity.

EDFI 4010./PSIC 4010. PSYCHOLOGICAL ASPECTS OF SPORTS. Three credit hours. Three hours of lecture per week. Prerequisite: PSIC 3001.

Psychological factors involved in motor performance and in sports.

EDFI 4016. INCLUSION IN PHYSICAL EDUCATION ACTIVITIES. Three credit hours. Three hours of lecture per week. Prerequisite: EDFI 3395.

Analysis and application of strategies for the integration of persons with disabilities in adapted physical activities. Identification of the psychomotor needs of the disabled person in order to facilitate inclusion in adapted sports activities.

EDFI 4017. ADAPTED SPORTS. Two credit hours. One hour of lecture and one two-hour laboratory per week. Prerequisite: EDFI 3395.

Teaching of sports for individuals with disabilities in mainstream or adapted settings. Design and application of lesson plans in laboratories. Adaptation of standard sports equipment and construction of assistive equipment for sports participation.

EDFI 4026. MEASUREMENT AND EVALUATION IN ELEMENTARY AND SECONDARY PHYSICAL EDUCATION. Three credit hours. Two hours of lecture and one two-hour laboratory per week. Prerequisite: ESMA 3101 or ESMA 3015.

Theory, methods, and practice in measurement and evaluation of elementary and secondary physical education, according to NASPE standards adopted in Puerto Rico. Students will measure the attainment of cognitive, psychomotor, and affective objectives in the teaching of physical education. Includes lectures, discussions, and laboratories in test construction and administration, and in the use of statistical packages for the analysis and evaluation of test results.

EDFI 4027. STRENGTH TRAINING AND CONDITIONING. Three credit hours. Two hours of lecture and two hours of supervised practice per week. Prerequisite: EDFI 3265 and EDFI 4105 and EDFI 4115.

Training techniques and strategies for strength and conditioning for the development of different physical abilities of young and adult elite athletes.

The course will prepare the student to take the Certified Strength Conditioning Specialist examination of the *National Strength and Conditioning Association*.

EDFI 4029. ADAPTED PHYSICAL EDUCATION AND ASSISTIVE TECHNOLOGY. Three credit hours. Two hours of lecture and one two-hour laboratory per week. Prerequisite: EDFI 3395.

Study of the unique attributes in most disabilities specified by IDEA; adaptations and assistive technology needed to implement appropriate physical education programs. Application of educational strategies in choosing and implementing activities, assistive technology, and assessment appropriate for persons with physical or cognitive disabilities.

EDFI 4045. EVALUATION AND RESEARCH IN PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week. Prerequisite: ESMA 3015 or ESMA 3101.

Methods of evaluation and research in physical education including the use of microcomputers.

EDFI 4055. COACHING AND OFFICIATING VOLLEYBALL. Two credit hours. One hour of lecture and two hours of practice per week. Prerequisite: EDFI 3225.

Theory and practice in coaching and officiating volleyball.

EDFI 4065. COACHING AND OFFICIATING SOCCER. Two credit hours. One hour of lecture and two hours of practice per week. Prerequisite: EDFI 3596.

Theory and practice in coaching and officiating soccer.

EDFI 4075. COACHING AND OFFICIATING SOFTBALL AND BASEBALL. Two credit hours. One hour of lecture and two hours of practice per week. Prerequisite: EDFI 3077.

Theory and practice in coaching and officiating softball and baseball.

EDFI 4106. BIOMECHANICS OF HUMAN MOVEMENT. Three credit hours. Two hours of lecture and one three-hour laboratory per week. Prerequisite: MATE 3086 or MATE 3171.

Application of mechanical principles to the study of human movement with emphasis on the function of the musculoskeletal system. Identification and

analysis of the mechanical and musculoskeletal factor that affect the performance of motor skills through the use of technology available for this purpose.

EDFI 4125. ORGANIZATION, ADMINISTRATION AND SUPERVISION OF PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week. Prerequisite: EDFI 3555.

Organization, administration and supervision of physical education, including intramural and interscholastic sports.

EDFI 4167. GYMNASTICS, DANCE AND FITNESS IN ELEMENTARY PHYSICAL EDUCATION. Three credit hours. Two hours of lecture and two hours of laboratory per week. Prerequisite: EDFI 4179.

Teaching and practice of gymnastics, dance, rhythms and physical fitness activities appropriate to teaching physical education K-3rd grade and 4-6th grades. Planning and progression designs aligned to NASPE content standards. Includes laboratory in elementary school.

EDFI 4176. MECHANICS OF MOVEMENT FOR CHILDREN. Three credit hours. Three hours of lecture per week.

General principles of the mechanics of movement applied to physical education in elementary school (K-6); the use of games and movement activities as a method of instruction.

EDFI 4177. EXERCISE PHYSIOLOGY (WITH LABORATORY). Three credit hours. Two hours of lecture and one three-hour laboratory per week. Prerequisites: (CIBI 3032 or BIOL 3052) and (ESMA 3015 or ESMA 3101).

Scientific evaluation of the effects of physical activity on human body functions in order to plan an effective training routine. Study of the mechanisms and factors related to physical fitness, fatigue, and diet.

EDFI 4179. INTRODUCTION TO MOTOR DEVELOPMENT WITH LABORATORY. Three credit hours. Two hours of lecture and two hours of laboratory per week. Prerequisite: EDFU 3001.

Introduction to the study of motor development changes since infancy. Emphasis in motor development theories, factors, and its relation to appropriate practices in teaching and sports participation, according to motor development stages.

EDFI 4186. SPECIAL TOPICS IN PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week. Prerequisite: authorization of the Director of the Department.

Selected topics in physical education. The content will vary according to interest and demand.

EDFI 4190. EXERCISE PRESCRIPTION. Three credit hours. Three hours of lecture per week.

Concepts and procedures in the prescription of exercise for physical fitness and health.

EDFI 4195. TEACHING AND TRAINING IN TENNIS. Two credit hours. One hour of lecture and two hours of practice per week. Prerequisite: EDFI 3295.

Theory and practice of teaching and training in tennis.

EDFI 4205. TEACHING METHODS AND TECHNIQUES IN PHYSICAL EDUCATION. Three credit hours. Three hours of lecture per week. Prerequisites: EDFI 4005 and EDFU 3002 and (EDFU 3007 or EDFU 4019).

Philosophy, curriculum, evaluation, methods and techniques in the process of teaching Physical Education.

EDFI 4225. LIFEGUARDING. Three credit hours. Two hours of lecture and two hours of supervised practice per week. Prerequisite: EDFI 3285 or authorization of the Director of the Department.

The duties, responsibilities, knowledge, training, lifeguarding skills and its applications in various aquatic emergencies.

EDFI 4230. ATHLETIC TRAINING. Three credit hours. Two hours of lecture and one three-hour laboratory per week. Prerequisites: EDFI 3645.

Prevention, treatment, and rehabilitation of injuries related to sports.

EDFI 4250. SEMINAR IN COACHING AND OFFICIATING. Two credit hours. Two hours of lecture per week. Corequisite: eight credit hours in coaching and officiating.

Discussion and analysis of the principal issues in the field of coaching and officiating sports.

EDFI 4998. UNDERGRADUATE RESEARCH. From one to three credit hours. From two to four hours of research per week per credit. Prerequisites:

EDFI 4045 and authorization of the Director of the Department.

A research project in Physical Education under the supervision of a professor of the department.

EDFI 5005. BIOMECHANICS OF SPORTS. Three credit hours. Three hours of lecture per week. Prerequisites: EDFI 4115 and EDFI 4045.

The application of the laws of mechanics to the analysis of sport techniques. A research project will be required.

RECREATION

RECR 3705. COMMUNITY RECREATION. Three credit hours. Three hours of lecture per week.

Procedures for organizing and administering school and community recreation programs, social services, and youth organizations.

RECR 4135. ORGANIZATION OF RECREATION. Two credit hours. Two hours of lecture per week.

Content and organization of school, community and outdoor recreation.

RECR 4255. SEMINAR IN RECREATION. Two credit hours. Two hours of lecture per week. Prerequisites: Authorization of the Director of the Department. Corequisite: RECR 4135.

Discussion and analysis of recent literature and problems in the field of recreation.