

SUNY College Cortland

Digital Commons @ Cortland

COR 101 Slides

COR 101 Student Symposium

2022

Being a PE Major

Kayla Jessup

SUNY Cortland, kayla.jessup@cortland.edu

Follow this and additional works at: <https://digitalcommons.cortland.edu/corslides>



Part of the [Higher Education Commons](#)

Recommended Citation

Jessup, Kayla, "Being a PE Major" (2022). *COR 101 Slides*. 40.

<https://digitalcommons.cortland.edu/corslides/40>

This Book is brought to you for free and open access by the COR 101 Student Symposium at Digital Commons @ Cortland. It has been accepted for inclusion in COR 101 Slides by an authorized administrator of Digital Commons @ Cortland. For more information, please contact DigitalCommonsSubmissions@cortland.edu.

Kayla Jessup
Thomas Spanbauer
Tuesdays 10:05 AM

BEING A PE MAJOR

TOPIC- PHYSICAL EDUCATION

- I gave my students a presentation on what it is like being a physical education major and what to expect out of the program

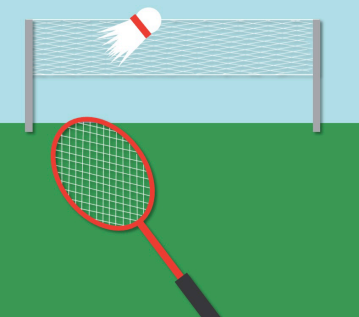


PURPOSE

- Explain details and parts of the program they won't know as a first year student
- Help them recognize if physical education is a good fit for them
- Prepare them for their next semesters in physical education with proper knowledge of what the courses are like and what is commonly expected out of them

LESSON PREP

- This was given in a PowerPoint presentation format
- Included was
 - Details on registration (time tickets, PIN number, add/ drop week, schedules)
 - Summer & winter classes
 - Activity courses (what to expect from them)
 - Concentrations (outdoor activities, adapted PE, health 4 + 1 program)
 - Workshops (CAR, SAV, DASA)
 - Course workload (how to balance a schedule)
 - General course expectations (attendance policy, punctuality, professors)
 - Alliance of PE Majors

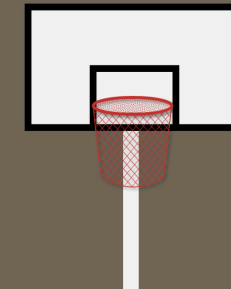


ACTIVITY CLASSES

HOME GUEST

- 1/.5 credit hr.
- Most meet twice a week (M/W, T/Th)
- Full semester or Half Semester
- Required & electives
- Good way to improve GPA

Don't overload on activity classes in one semester
- Spread them out



SUMMER/ WINTER CLASSES

HOME GUEST

- Offered online*
- 2 sessions
- 6 credit hr. Max.
- Register at same time as spring/ fall classes

- Need to be strategic & plan: not many phys. ed classes are offered during summer/ winter
- What classes are there: good time to do required health, exercise science, writing intensive classes



WORKSHOPS

HOME GUEST

- CAR, SAV, DASA
- CAR & SAV can be taken outside of Cortland, not DASA
- Sign up with regular registration
- Needed for student teaching

IMPORTANCE TO FIRST YEAR STUDENTS

- This topic was important to teach first year students about because they should be given the details on the program they are in
- As a first year student there is a lot of knowledge thrown at you at once making for a hard transition, many freshman may feel overwhelmed; this can be increased if they don't feel prepared
- As a first year you often hear “bits and pieces” of information on the major from professors and older peers causing confusion if it's unknown what they are talking about, I wanted my students to feel they had decent knowledge on the program they were in to be excited to continue their path as a PE major

LESSON OBJECTIVES

- Have them feel prepared to register for classes
- Understand their next steps in PE
- Know what their future looks like
- Present them with the information they need to succeed
 - Leave with their questions answered
- Give a general overview on PE

REFLECTION

Out of the classroom

- I thought of the questions I had as a freshman
- Researched our program to ensure I was providing proper information

Execution of the lesson

- I thought it was executed well I think I chose the proper format to give them their information
- If I were to present this again, I think I would include more open ended questions for group involvement to check their understanding

Students during the lesson

- My students were very engaged throughout the lesson
- Many asked questions during and after
- Information was well received

RESEARCH

“Catalog.” *Program: Physical Education: Concentration in Adapted Physical Education [PEM_ADPE] - SUNY Cortland - Acalog ACMS™*, catalog.cortland.edu/preview_program.php?catoid=41&poid=7356.

“Catalog.” *Program: Physical Education: Concentration in Outdoor Adventure Education [PEM_OAE] - SUNY Cortland - Acalog ACMS™*, catalog.cortland.edu/preview_program.php?catoid=41&poid=7412.

“Clubs/Societies.” *Physical Education Societies, Clubs and Organizations - SUNY Cortland*, www2.cortland.edu/departments/physical-education/societies-clubs-and-organizations.dot.

“Cor 101 - Transitions: Transitions Theme Resources.” *LibGuides*, cortland.libguides.com/c.php?g=354220&p=2389324.

“Pe Clipart.” *St Peters Catholic Academy | Stoke-on-Trent | Staffordshire*, 8 Nov. 2020, www.stpetersnewman.co.uk/science/pe-clipart/.

“Physical Education Major.” *Physical Education - SUNY Cortland*, www2.cortland.edu/departments/physical-education/program-details.dot?progid=c843bafb-0d49-4433-a06d-3553bcd51cfc.