PHYSICAL EDUCATION, HEALTH & RECREATION Program

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To find faculty & staff phone numbers and email addresses, please consult the University Directory http://www.dixie.edu/directory/directory.php.

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Faculty
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School of Education
Dean: Brenda Sabey, Ph.D.
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Program Description
Committed to educating the whole person, Dixie State University encourages students to take courses in physical education, the purpose of which is to teach you the benefits of lifelong, wholesome physical activity. The Physical Education Department sponsors a wide variety of activity classes to suit student interests and needs.

Activity Courses: The health dangers of a sedentary life-style are obvious. These courses will allow students to develop and enjoy physical skills that will form the basis of a healthful, lifelong penchant for physical and recreational activity. Students may choose from a wide variety of activities such as tennis, yoga, Tai Chi, Kung Fu, racquetball, climbing, backpacking, bowling, basketball, golf, basketball, volleyball, fishing, climbing, aerobics, soccer, weight training, triathlon training, rodeo, softball, swimming, mountain biking, survival skills, SCUBA, disc golf, and mountain biking. In addition, Dance classes are offered under the DANC prefix.

Fitness Center: The Eccles Fitness Center provides students a state-of-the-art facility for cardiovascular exercise and weight training. Students may receive credit each semester for improving their physical conditioning. An outdoor pool is also available for aquatics activities.

Competitive Sports Courses: Dixie State University has exciting and competitive men’s and women’s athletic teams that participate in NCAA Division II sports in regional and national contests. If you are a member of one of these teams, or the Cheerleading squad or the Dixie Dance Team, students enroll in a 1-credit course in their specific intercollegiate sport(s) while they are a member of the team. Currently Dixie has NCAA intercollegiate teams in these sports:

- **Men’s Sports Teams:** Baseball, Basketball, Cross Country, Football, Golf, Soccer

- **Women’s Sports Teams:** Basketball, Cross Country, Golf, Soccer, Softball, Tennis, Volleyball

Lecture Courses: In addition to the above activities and competition classes, students will find lecture courses in such things as exercise science, coaching, officiating, sports medicine and performance, first aid, water safety, outdoor cooking, and athletic training.

Recreation Management Courses: Courses that fulfill the Integrated Studies emphasis in Recreation Management include foundational courses in the history and philosophy of Recreation, a review of typical government sponsored service components and facility management, and specific skills and methods of Recreation administration. Students who enroll in the Recreation Management emphasis in the Integrated Studies program may pursue career in public and community service as well as seeking graduate level study in Recreation or related fields such as Public Administration, Urban and Regional Planning, or Event Management, among others. The program is ideally suited to meet the needs of students preparing for careers working for local, regional, and state governments providing leisure programs, performing facility development and management, and directing resource planning efforts. For specific requirements, see the Integrated Studies section of this catalog.

Club & Intramural Sports: For information about Club and Intramural Sports available on campus, please refer to the Campus Recreation section of this catalog or go to http://www.dixie.edu/rec/.

Degrees & Certificates
- Recreation Management emphasis in Integrated Studies BA/BS

Course Prefixes
- PEHR