PHYSICAL EDUCATION COURSES AT UGA
What students and advisors need to know

GENERAL QUESTIONS

Q: I have a gym membership/take part in intramural sports/have a certification. Does this satisfy the PE requirement?
A: No. UGA's physical education requirement can only be satisfied by completing and passing a basic PE (PEDB) course at UGA, or by transferring an approved physical education course.

Q: I've taken a PE course at another institution. How do I know if it's approved?
A: Complete an Online Transfer Request Form and upload a syllabus of the transfer PE course there. The course description, content and assignments will then be evaluated and reviewed by the Basic PE program coordinator, Dr. Ilse Mason (isannen@uga.edu, 345 Ramsey Center). You will be notified via email once your course has been either approved or denied.

Q: What should I do if I have a disability, medical condition or long-term injury that prevents me from participating in a PEDB course?
A: The Kinesiology Department is committed to fulfilling the physical education needs of all students. An adapted physical education program operates as a normal extension of the Basic Physical Education Program for students who, because of temporary or permanent disability or medical conditions, cannot participate in the mainstream Basic Physical Education Program. Contact the Department of Kinesiology (kins@uga.edu) to begin the approval process for this course, as approval is based on:

- Referral by the Disability Resource Center
-OR-

- Documentation related to your physical disability, medical condition or injury

Students given permission to sign up for PEDB 1010 will be referred to the instructor to schedule an appointment to discuss the specific options available.
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COURSE QUESTIONS

Q: Why do the PEDB courses consist of conceptual content (readings and quizzes)?
A: The philosophy of the Basic Physical Education Program at the University of Georgia is to promote *lifelong physical activity and fitness* for the enhancement of health and well-being. Increases in regular physical activity and fitness are influenced by people’s confidence in the ability to engage in regular exercise and positive beliefs concerning the benefits of physical activity and fitness. Motivation to increase physical activity and fitness can be enhanced by *incorporating fitness knowledge* about fitness and behavior-modification principles into activity classes. Adopting positive health behaviors has the potential to significantly improve the lifelong health benefits for all UGA graduates.

*Tip: Avoid additional stress by not waiting until your final semester to take PE!*

Q: Do you have courses that are off-campus/online?
A: There are off-campus PEDB courses available through study abroad programs and the Honors Interdisciplinary Field Program.

An online PEDB course is offered during the fall, spring and summer thru session (PEDB 1950E) BUT enrollment is restricted and registration takes place on a first-come, first-serve basis. Permission is given to students who, during that semester:

- Are in a study abroad program
- Are in Washington semester program
- Are not enrolled in on-campus courses during that semester AND who
  - Are enrolled at UGA for an internship
  - Have satisfied all other graduation requirements
  - Are enrolled in a completely online undergraduate program
- Are on a UGA campus outside of Athens
- Are non-traditional students
- Are *traditional* graduate students
- Are students at other institutions

Note: There is a cost associated with the PEDB 1950E course (approximately $200) because you will be required to have a specific heart rate monitor and—although flexible—there will be a significant time commitment.

A student who meets any of these categories should provide verification and 81# to the Department of Kinesiology (kins@uga.edu).