

PHYSICAL EDUCATION, BS

WISCONSIN EXPERIENCE

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UW–Madison’s vision for the total student experience, the Wisconsin Experience (<https://wisconsinexperience.wisc.edu/about/>), combines learning in and out of the classroom. Tied to the Wisconsin Idea (<https://www.wisc.edu/wisconsin-idea/>) and steeped in long-standing institutional values – the commitment to the truth, shared participation in decision-making, and service to local and global communities – the Wisconsin Experience describes how students develop and integrate these core values across their educational experience.

UW–Madison encourages students to mindfully engage in four core concepts throughout their time on campus: Empathy & Humility, Relentless Curiosity, Intellectual Confidence, and Purposeful Action (<https://wisconsinexperience.wisc.edu/intellectual-confidence/>).

Since its inception, the School of Education has embraced the concepts of the Wisconsin Experience, providing opportunities for students to learn in venues beyond the traditional classroom. Our students also independently seek out related activities and experiences, thus creating their own unique Wisconsin Experience.

PHYSICAL EDUCATION AND THE WISCONSIN EXPERIENCE

On-Campus Activities and Experiences Homeschool Physical Education

Physical Education students in an Elementary PE methods course provide an eight-week physical education program for local homeschool students. This experience is a win-win for both groups, as PE students practice their teaching skills while homeschool students get the vital motor and social skill development they need.

Smartphone App Development

Physical education staff and students recently partnered with experts in academic technology to create a smartphone app, "EnCourage." The app provides hundreds of team-building activities for use by teachers, coaches, and anyone trying to develop teamwork with groups. Its development was one of the School of Education Innovation Projects, "Social and Emotional Learning in Physical Education."

Participation in the Virginia Horne Henry PE History Project

Current students met with physical education alumni to share stories, learn about the rich program history, and establish new traditions to enhance the program.

Partnering with the Campus Recreation Program to Train Officials

Students in KINES 373 Methods and Practicum of Teaching 6-12 Physical Education, developed training modules for the RecWell employees (UW students) who serve as officials for the intramural sports.

UW–Madison Science Expeditions Presentation

Students and staff in the physical education program set up a station at this campus-wide open house where youngsters could test the speed

of their overhand throw, receive feedback from the physical education students, and increase their throwing speed.

Youth Coaches Workshop

Through PLACE, physical education students helped to design a summer workshop to help area youth coaches incorporate teamwork into their practice sessions.

Guest Speakers

Past guest speakers in physical education classes have included Brett Fuller, retired Health and Physical Education Curriculum Director for Milwaukee Public Schools, and Chris Munson, an enrolled member of the Oneida Nation.

Off-Campus Activities and Experience Team Building Activities

In KINES 325 Group Development and Behavior Management, students develop and plan team-building activities. The students then visit a local elementary school to teach these activities and help students develop positive social and emotional skills.

Teaching in Area Schools

Students in physical education methods courses provide physical education and social skill development in area schools.

Partnering with Boys & Girls Club of Dane County

Physical education students and staff provide training on the implementation of social and emotional learning for after-school staff.

Boys & Girls Clubs of Dane County Thanksgiving Baskets

Students from the physical education program create games that students can play in their homes over the Thanksgiving holiday. The activities are included in the Thanksgiving baskets delivered to over 500 homes in the Dane county area. In addition, students visit the Boys & Girls Club sites, pack the baskets, and hand them out on the day before Thanksgiving. Who wouldn't want to play "Reverse Pig Trash Ball?"

Volunteer Experiences

- Camp Courageous Counselor - Students in the Adapted Physical Education program volunteer for the weekend as camp counselors working one on one with campers with disabilities at camp. They provide activities like a scavenger hunt, support in the pool for aquatic activities, and other adventures such as ziplining with their camper.
- Students are also volunteering with the Adapted Sports Program at Sun Prairie Area School District, assisting in numerous capacities.

Multicultural Field Experience

As part of KINES 353 Health and Physical Education in a Multicultural Society, students complete the Multicultural Field Experience, in which they work with individuals from a cultural background different than their own. Placements for the MFE have included assisting teachers in school health or physical education classes, or volunteering with an after-school program through Madison School and Community Recreation or a community organization.

Additional Activities and Accomplishments Student Organizations and Memberships

Students have organized the local Physical Education Club on campus and have memberships with Wisconsin Health and Physical Education and the Society of Health and Physical Educators.

Additional Certifications

In addition to the Physical Education major, most students also complete the Adapted Physical Education minor and/or the Health Education minor.

Leadership Positions - Wisconsin Health and Physical Education

Several students have served as Future Professionals President and Vice President with Wisconsin Health and Physical Education (WHPE). They have also served as Future Professionals Secretary and Treasurer; additionally they have served as the Future Professionals representative on the Leadership Council for the Midwest District of the Society of Health and Physical Educators, the parent body of the WHPE association.

Professional Presentations and Workshops

Students are active participants as presenters at the Wisconsin Health and Physical Education Convention, Best Practices in Health and Physical Education Conference, Society of Health and Physical Educators Convention, and the UW-Madison Undergraduate Symposium. Students also participated in Society for Public Health Education/CDC sponsored Skills-Based Health Education Workshop implemented by Health Education faculty and students last spring. Another student was involved with the Our Wisconsin inclusion education program at UW-Madison.

EsTEam First Year Teacher Program

Physical education staff partner with selected first-year alums to help them incorporate social and emotional learning across their physical education curriculum.

Study Abroad Courses

In the summer of 2023, the Department of Kinesiology began offering summer, study-abroad courses.

- Team Building in Costa Rica was designed to enhance the group development skills of its participants while engaging in activities such as white-water rafting, ziplining, and hiking. It combined a very successful kinesiology course, KINES 325 Group Development and Behavior Management, with a unique cultural opportunity in Costa Rica. Each day provides opportunities to not only explore the Pura Vida (Pure Life) of Costa Rica but also to engage in personal reflection. Participants experience the process of growing together as a community and develop skills to create lasting communities in their personal and professional lives. Students earn credit for KINES 325, a required course in the physical education program.