

PHYSICAL EDUCATION, B.S.

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

Smartphone App Development – Physical education staff and students recently partnered with experts in the academic technology department 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 Kinesiology 373 Methods and Practicum of 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 students 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 Kinesiology 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 and 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 and 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 that are delivered to over 500 homes in the Dane county area. In addition, students visit the boys and girls club sites, put together the baskets, and hand them out on the day before Thanksgiving. Who wouldn't want to play "Reverse Pig Trash Ball?"

Volunteering – Students are volunteering with the Adapted Sports Program at Sun Prairie Area School District, providing assistance 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 background. 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 PE Club on campus and have memberships with Wisconsin Health and Physical Education.

Additional Certifications – In addition to the Physical Education major, most students also complete the Adapted Physical Education Concentration and/or the Health Education Minor.

Leadership Positions – One of our students is currently serving as the Future Professionals Vice President-Elect with Wisconsin Health and Physical Education; another student is the Future Professionals representative on the Leadership Council for the Midwest District of the Society of Health and Physical Educators.

Professional Presentations and Workshops – Students have given presentations at the Wisconsin Health and Physical Education Convention, the Best Practices in Health and Physical Education Conference, and the UW-Madison Undergraduate Symposium. 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 offered two new study abroad courses in Costa Rica and Portugal.

- **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, Kinesiology 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.
- **Movement as Medicine in Portugal** examines the connection between sedentary behavior and health outcomes in Portugal. Participants review definitions and rates of sedentary behavior, physical activity and physical inactivity in the U.S. and across the globe. While in Lisbon, participants hear from local experts and members of the healthcare and educational systems about how physical activity is viewed and promoted across the population. Side trips to relevant cultural local places contribute to the full picture of health in Portugal. An overnight trip to Porto and two additional day trips provide additional opportunities to learn more about local culture and history.