Physical Education, BS

Wisconsin Experience

Wisconsin Experience

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 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 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 that are delivered to over 500 homes in the Dane county area. In addition, students visit the Boys & 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, 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 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 minor and/or the Health Education minor.

Leadership Positions

One of our students is currently serving as the Future Professionals Vice President with Wisconsin Health and Physical Education and another student is serving as Future Professionals Secretary; a third 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, Best Practices in Health and Physical Education Conference, Society of Health and Physical Educators Convention, and 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 began offering two new summer 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, 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.

- **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. Credit is given for KINES 250 or C&E SOC 400.

- **Inclusive Activity and Sports in Ireland**, first offered in summer 2024, offers a unique learning opportunity for UW–Madison students interested in pursuing careers in allied health, fitness and well-being, health education, and public health. Ireland has a distinct history, culture, and approach to health and movement. It is in the midst of comprehensive and progressive reforms to their health and social care with an emphasis on providing better outreach and rehabilitation services for people with disabilities. This course will focus on applying models, research, and best practices in motor control and motor learning to inclusive physical activity, sports, and rehabilitation for individuals with disabilities in Ireland. Students participate in training seminars led by Active Disability Ireland, Sport Ireland in Dublin, and Munster Technological University in Tralee. Included are visits to rehabilitation facilities and community organizations to attend guest lectures from occupational therapists, physical and physiotherapists, athletes with disabilities, and government employees. At the University of Limerick, students learn about bachelor’s and graduate degree programs in the health sciences and hear about relevant research in physical activity, sedentary behavior, sport, and health for individuals with diverse abilities. Co-curricular activities provide an opportunity to explore and participate in sports, recreation, and physical activities through the lens of a tourist/participant with disabilities. Credit is given for KINES 260.