

# HPE - HEALTH AND PHYSICAL EDUCATION

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## **HPE 6120 Sports I Cr. 3**

This course is designed for students to learn sports across three different categories: tag, new/wall, and invasion games. It will include skill/techniques, instructional strategies, basic concepts, as well as planning for effective teaching in the sports. Offered Every Other Year.

## **HPE 6130 Sports II Cr. 3**

This course is designed for students to learn sports across two different categories: target, fielding/striking games. It will include skill/techniques, instructional strategies, basic concepts, as well as planning for effective teaching in the sports. Offered Every Other Year.

## **HPE 6140 Fitness and Dance Cr. 3**

Introduces students to health and skill-related fitness concepts as well as different genres of dance. Additionally, skill competencies will be sought in both health-related fitness and dance. Students will work towards mastery of skills as well as how to begin instructing children, youth, and adolescents, in group fitness and dance environments. Offered Winter.

## **HPE 6150 Adventure and Outdoor Pursuits Cr. 3**

Provides an introduction to instructing youth in adventure activities and outdoor pursuits. Includes basic principles and concepts of adventure education as well as appropriate instructional strategies. Offered Spring/Summer.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6160 Aquatic Leadership Cr. 3**

This course is designed to prepare students for leadership responsibilities in the area of aquatics. It will emphasize a broad range of aquatic experiences and teaching methodologies and will include swimming and rescue skills necessary to complete certification as an American Red Cross Water Safety Instructor and Lifeguard. It will also include program development, risk management, and staff management. Offered Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6200 Management and Instruction in Health and Physical Education Cr. 3**

This course is the study of effective teaching and instructional practices in health and physical education. It will include the study of the learning process, factors that influence the learning process, effective teaching skills, effective task presentation and content development, and management of and motivation in the learning environment. Students will also investigate teaching styles that lead to effective instruction. Offered Fall.

## **HPE 6210 Curriculum and Instruction in Health and Physical Education Cr. 3**

The purpose of this course is to introduce the student to a variety of curriculum models in health and physical education and to provide the student with experience in long-range planning, developing, and evaluating health and physical education curriculum. Emphasis will be on planning lessons that are standards-based, developmentally-appropriate, and progressive in nature. Candidates will evaluate completed curriculums using an existing curriculum evaluation tool. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6220 Technology in Health and Physical Education Cr. 3**

Current best practices for the use of technology in health and physical education and physical activity programming. Course includes how to use technology including apps, mobile devices and online assessment tools to implement instruction and evaluation. Offered Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6230 Socio-cultural Issues in Physical Activity Cr. 3**

Contemporary and historical perspective on socio-cultural and philosophical issues that influence American youth and instruction in a physical activity setting, including race, gender, sexuality, obesity, and urbanization. Offered Fall.

## **HPE 6400 Physical Activity in Pediatric Disabilities Cr. 3**

This course is designed to discuss historical and contemporary issues in adapted physical activity including evidence-based interventions; techniques for adapting the environmental conditions; and designing, implementing, and evaluating individualized programs for individuals with disabilities. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6410 Teaching Adapted Physical Activity and Sport Cr. 3**

Teaching and coaching of developmental, recreational, and competitive sports across school and community-based settings. Includes assessment, teaching, conditioning, and coaching strategies for individuals with disabilities as well as administrative/management strategies. Offered Winter.

## **HPE 6420 Teaching Aquatics to Special Populations Cr. 3**

Developing and implementing swimming and water-related activities designed to meet the needs of special populations including water orientation, swim instruction, fitness instruction, facilities and equipment considerations, and research on adapted aquatics. Offered Spring/Summer.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6430 Physical Activity Assessment in Special Populations Cr. 3**

Appropriate and accurate selection, administration and interpretation of assessment results for adapted physical education purposes. Includes use of assessment results to design effective adapted physical education programs and participate in the IEP process. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6440 Leadership Training and Practicum in Adapted Physical Education Cr. 3**

Directed fieldwork placement in teaching physical education to students with special needs in schools. Required for State of Michigan Approval as a Teacher of Students Requiring Adapted Physical Education (SP Endorsement). Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6510 Elementary Health and Physical Education Methods Cr. 3**

Developmental approach to teaching elementary physical education and health in the schools. Beginning movement concepts, Michigan Health Education Model, and fundamental motor skills that are developmentally appropriate for children to participate in games, gymnastics, dance, and fitness activities. Curriculum design and implementation of activities in the practicum application. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6520 Secondary Physical Education Methods Cr. 3**

The purpose of the course is to prepare students for secondary instruction of physical education and includes authentic classroom experience, planning for instruction in physical education with emphasis on unit and lesson planning, assessment, and developmental curriculum planning. It is meant to help future secondary physical education teachers know what to teach in the physical education classroom and how to teach it. Offered Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

## **HPE 6600 Student Teaching and Seminar Cr. 10**

Prepares students for initial teaching certification through K-12 student teaching experience and seminars. The regular seminar will cover a variety of issues and topics related to teaching methods and becoming an effective teacher. Offered Fall, Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.