Health and Physical Education

Courses

**HLTH PE 3275 Psychological Aspects of Physical Education: 3 semester hours**
Prerequisite: PSYCH 1003. A study of the psychological processes underlying the learning and performance of motor skills and participation in physical activity. Covers how humans learn skilled actions, how principles of motor performance and learning can be applied to teaching, and how teachers can create positive motivational climates.

**HLTH PE 3277 Foundations of Health and Physical Education Programs: 2 semester hours**
Prerequisites: Junior standing. A study of the historical, philosophical, and cultural influences and issues related to health education and physical education programs.

**HLTH PE 3280 Human Anatomy and Physiology: 5 semester hours**
Prerequisite: BIOL 1012 and BIOL 1013 or consent of instructor, Junior standing. Study of the basic aspects of human anatomy and physiology and their relationship to concepts in sport and physical activity. Two hours laboratory per week.

**HLTH PE 3284 Physiology of Human Exercise: 3 semester hours**
Prerequisite: HLTH PE 3280. Study of the physiological effects of human exercise, training, and sport activities upon the human body; emphasis also given to factors of work, fatigue, nutrition, gender, and environment.

**HLTH PE 3285 Safety and Emergency Care for Health & Physical Education: 3 semester hours**
Prerequisites: HLTH PE 3280 or equivalent. A study of safety issues relating to health and physical education, including prevention and treatment of physical activity-related injuries. Emphasis will be given to emergency responses, including CPR certification.

**HLTH PE 3380 Introduction to Nutrition for Health and Performance: 3 semester hours**
Prerequisites: Junior standing or consent of instructor. Study of human nutrition and its relationship to healthy lifestyles and exercise performance. Includes study of nutrients, food sources, healthy weight and body composition, energy intake and expenditure, fluid and electrolyte balance, and ergogenic aids.

**HLTH PE 3432 Teaching Health and Physical Education in the Elementary School: 3 semester hours**
Prerequisites: Admission to the Teacher Education Program. A study of health and physical education programs in the elementary school. Emphasis is given to the teacher's roles and responsibilities as they relate to the content and services found in the coordinated school health program.

**HLTH PE 3433 Health Education Concepts and Skills: 3 semester hours**
Prerequisites: Junior Standing. A study of health concepts and lifestyle skills found in K-12 health education strands, including mental health, sexuality education, drug education, nutrition, personal health and disease prevention.

**HLTH PE 3434 Teaching of Health and Wellness: 4 semester hours**
Prerequisites: HLTH PE 3280 or the equivalent, or consent of the instructor. Study of concepts and issues related to health and active lifestyle behavior development, with emphasis given to the design and preparation of appropriate instructional experiences and techniques.

**HLTH PE 4989 Practicum I: Site-Based Experience in Physical Education: 3 semester hours**
Prerequisites: Completion of Level II and successful practicum application. This course is a two-day per week intensive, collaborative professional experience in diverse school settings with students, emphasizing improving K-12 student learning outcomes, data-driven instruction, classroom management, and video use and analysis. Course includes mandatory on-site and on-campus seminars, which could be scheduled outside of normal class time. Concurrent Level III methods course assignments will be completed in Practicum I. Taking the Missouri Content Exam (MOCA) is required during Practicum I. Not available for graduate credit.

**HLTH PE 4990 Practicum II: 12-Week Site-Based Experience in Health and Physical Education: 9 semester hours**
Prerequisites: HLTH PE 4989, completion of Level III, and taking the Missouri Content Exam (MOCA). This course is a five-day per week intensive, collaborative professional experience in diverse school settings with students, emphasizing improving K-12 student learning outcomes, data-driven instruction, classroom management, and video use and analysis. Course includes mandatory on-site and on-campus seminars, which could be scheduled outside of normal class time. Certification requirements include passing scores on the Missouri Content Exam (MOCA) and the Missouri Preservice Teacher Assessment (MOPTA). Not available for graduate credit.

**HLTH PE 4991 Practicum II: Health and Physical Education Grades 5-9: 6 semester hours**

**HLTH PE 4992 Practicum II: 4-Week Site-Based Experience in Health and Physical Education: 3 semester hours**
Prerequisites: HLTH PE 4989. This course is taken concurrently with HLTH PE 4990 as a five-day per week intensive, collaborative professional experience in diverse school settings with students, emphasizing improving K-12 student learning outcomes, data-driven instruction, classroom management, and video use and analysis. Course includes mandatory on-site and on-campus seminars, which could be scheduled outside of normal class time. Certification requirements include passing scores on the Missouri Content Exam (MOCA) and the Missouri Preservice Teacher Assessment (MOPTA). Not available for graduate credit.
**HLTH PE 5989 Physical Education Professional Internship: 2 semester hours**
Prerequisites: Level II designated course requirements. An intensive professional development experience (equivalent of 6 hours per week for 14 weeks) working in a school setting with students. Activities on site include assisting the health and physical education teacher in all areas of instruction, assessment, and classroom management. This course is to be taken prior to student teaching, ideally during the semester immediately preceding student teaching. Assignments from allied courses (PHY ED 3422, PHY ED 3423, PHY ED 3424, HLTH PE 3434) are carried out in the Internship, and Internship experiences inform the activities and discussions in these courses. Activities to acquire research skills will be included.

**HLTH PE 5990 Practicum II: Health and Physical Education, Grades PK-6: 4 semester hours**
Prerequisites: A grade of B- or higher in HLTH PE 4989. Clinical teaching experience in physical education settings in the schools under university and school supervision. Required for all majors in physical education receiving certification in Health and Physical education. Teacher candidates collect data for a research project.

**HLTH PE 5991 Practicum II: Health and Physical Education Grades 5-9: 4 semester hours**
Prerequisites: A grade of B- or higher in HLTH PE 4989. Clinical teaching experiences in Health and Physical Education settings in schools under university and school supervision. Required of all majors in Physical Education receiving certification in Health Education and Physical Education, K-9. Teacher candidates collect data for a research project.

**HLTH PE 5992 Practicum II: Health and Physical Education Grades 9-12: 4 semester hours**
Prerequisites: A grade of B- or higher in HLTH PE 4989. Clinical teaching experience in Health and Physical Education settings in schools under university and school supervision. Required of all majors in Physical Education receiving certification in Health Education and Physical Education, K-12. Teacher candidates collect data for a research project.