Health and Physical Education

Courses

HLTH PE 3275 Psychological Aspects of Physical Education: 3 semester hours
Prerequisite: PSYCH 1003 or ED PSY 2212. 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: 3 semester hours
Prerequisites: Junior standing. A study of the historical, philosophical, and cultural influences in education and issues related to health and physical education programs.

HLTH PE 3280 Human Anatomy and Physiology: 4 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 and 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 Elementary Schools: 3 semester hours
Prerequisites: Sophomore standing. This course coverss health and physical education programs in elementary schools. 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 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: Accepted Practicum I 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. Applicable methods course assignments will be completed in Practicum I. Students are required to take the appropriate DESE-mandated content exam during Practicum I.

HLTH PE 4990 Practicum II: 16-Week Site-Based Experience in Health and Physical Education: 12 semester hours
Prerequisites: Successful completion of Practicum I requirements. This course is a four-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. Practicum II includes the completion of required State certification assessments.

HLTH PE 4992 Practicum II: 4-Week Site-Based Experience in Health and Physical Education: 3 semester hours
Prerequisites: Successful completion of Practicum I requirements. 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. Students are required to take the appropriate DESE-mandated content exam during Practicum II. This course must be taken concurrently with HLTH PE 4990.

HLTH PE 5989 Practicum I: Site-Based Experience in Health and Physical Education: 2 semester hours
Prerequisites: Director of Clinical Experience approval. This course is a 1-2 day per week intensive professional development experience working in K-12 settings with emphasis in health and physical education classrooms. On-site activities include partnering with the classroom teacher in all areas of instruction, assessment, and classroom management. Some methods course assignments may be completed during the practicum day at school sites. Activities to acquire research skills are included.

HLTH PE 5991 Practicum II: Site-Based Experience in Health and Physical Education, 16-Week Placement: 8 semester hours
Prerequisites: Successful completion of Practicum I and Director of Clinical Experience approval. This course is a clinical teaching experience 4-days per week in health and physical education classrooms. Teacher candidates spend time in schools engaged in various capacities to improve student learning within small group instruction, whole class teaching, lesson planning and special programs to demonstrate proficiency on all professional teacher standards. Teacher candidates collect data for a research project. Practicum II includes the completion of required State certification assessments.

HLTH PE 5992 Practicum II: Site-Based Experience in Health and Physical Education, 4 Week Placement: 2 semester hours
Prerequisites: Successful completion of Practicum I and Director of Clinical Experience approval. This course is a clinical teaching experience 4-5 days per week in health and physical education classrooms. Teacher candidates spend time in schools engaged in various capacities to improve student learning within small group instruction, whole class teaching, lesson planning and special programs to demonstrate proficiency on all professional teacher standards. Teacher candidates collect data for a research project. This course must be taken concurrently with HLTH PE 5991.