**Physical Education B.S.**

**Course Requirements**

**Courses**

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| --- | --- | --- | --- |
| HPE 102 | Human Health and Disease | 3 | F, Sp, Su |
| HPE 140 | Foundations: Physical Education and Exercise Science | 3 | F, Sp |
| HPE 243 | Motor Development and Motor Learning | 3 | F, Sp |
| HPE 301W | Principles of Teaching Activity | 3 | F, Sp |
| HPE 325 | Assessment in Physical Education | 2 | F |
| HPE 409 | Adapted Physical Education | 3 | Sp |
| HPE 415 | Teaching/Assessment in Adapted Physical Education | 3 | F |
| HPE 428 | Educational Kinesiology and Exercise Physiology | 3 | F |

**Activities Courses**

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| --- | --- | --- | --- |
| HPE 313 | Elementary Activities | 3 | F |
| HPE 314 | Middle School Activities | 3 | F |
| HPE 315 | High School Activities | 3 | F |

Note: Students must also demonstrate basic-level competency in aquatics by providing evidence of satisfactory completion of an entry-level or higher swimming course or its equivalent prior to student teaching. Materials explaining ways to fulfill this requirement are available in the Department of Health and Physical Education.

Note: Students must present current certification in basic first aid and adult-child-infant CPR and AED in order to student teach.

**Professional Courses**

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| --- | --- | --- | --- |
| CEP 215 | Introduction to Educational Psychology | 4 | F, Sp, Su |
| FNED 101 | Introduction to Teaching and Learning | 2 | F, Sp, Su |
| FNED 246 | Schooling for Social Justice | 4 | F, Sp, Su |
| HPE 413 | Practicum in Elementary Physical Education | 3 | Sp |
| HPE 414W | Practicum In Secondary Physical Education | 3 | Sp |
| HPE 423W | Student Teaching Seminar in Physical Education | 2 | F, Sp |
| HPE 425W | Student Teaching in Physical Education | 9 | F, Sp |
| HPE 435 | Physical Education Student Teaching Capstone | 1 | F, Sp, Early Sp |
| HPE 444 | Practicum in Adapted Physical Education | 2 | Early Sp |

**Cognates**

**HPE Courses:**

**HPE 243 - Motor Development and Motor Learning (3)**

Through lecture and lab experiences the fundamentals of motor development and motor learning theories are explored. Studies focus on the effects of growth and developmental factors throughout the lifespan.

Offered: Fall, Spring.

**HPE 244 - Group Exercise Instruction (3)**

Students will augment existing fitness abilities with knowledge and skills on how to design and teach group exercise classes based on exercise physiology concepts and professional standards.

Prerequisite: HPE 205 and HPE 243 or consent of department chair.

Offered: Spring.

**HPE 252 - Camping and Recreational Leadership (3)**

The philosophy and problems of camping and recreational leadership are studied. The principles, practices, processes and techniques of leadership are studied in depth. Lecture and laboratory.

Offered: As needed.

**HPE 253 - Introduction to Therapeutic Recreation (3)**

Students are introduced to the history, concepts and philosophy of therapeutic recreation in community and institutional settings. Field trips and on-site observations are included.

Offered: As needed.

**HPE 278 - Coaching Skills and Tactics (3)**

Skill development and tactical awareness are introduced. Students acquire the ability to explain, demonstrate, analyze and provide feedback for physical movements while coaching players of all ages.

Prerequisite: HPE 243.

Offered: Fall, Spring.

**HPE 300 - Health Education and Health Promotion Pedagogy (3)**

Students study effective health education and health promotion in school and community settings, teaching models and pedagogical approaches that support health. Observation, instruction and reflection skills are developed and practiced.

Prerequisite: Minimum cumulative GPA of 2.75 and admission into the health education teacher preparation program, or community and public health promotion program, or consent of department chair.

Offered: Fall, Spring.

**HPE 301W - Principles of Teaching Activity (3)**

Techniques of activity presentation are studied, including the task, problem-solving and guided discovery methods. Individual philosophies of teaching are considered. Supervised teaching experiences are included. This is a Writing in the Discipline (WID) course.

Prerequisite: HPE 140 and HPE 243; and admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Spring.

**HPE 303W - Research in Community and Public Health (3)**

Students investigate core public health concerns. Using population health databases, students write a policy-focused research paper. Topics include health determinants and disparities, communicable and chronic disease, and levels of prevention. This is a Writing in the Discipline (WID) course.

Prerequisite: : HPE 202 or HPE 202W and admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Spring.

**HPE 305 - Advanced Prevention and Care of Athletic Injuries (3)**

Preventative screening, pathomechanics of injury and evaluation techniques are analyzed. Relying heavily on the case-study approach, laboratory sessions include opportunities for supervised practice and the application of training procedures.

Prerequisite: HPE 201.

Offered: As needed.

**HPE 307 - Introduction to Epidemiology (3)**

This course provides students with an understanding of the basic concepts, principles and methods of epidemiology as applied to studies of both infectious and chronic diseases.

Prerequisite: HPE 102, HPE 202 or HPE 202W, and 30 credit hours or consent of department chair.

Offered: Fall, Spring.

**HPE 308 - The Science of Coaching (3)**

Scientific aspects of coaching, motor skill acquisition, sport psychology and developmentally appropriate sport programs are analyzed. Emphasis is on coaching philosophy, methodology as well as ethics in coaching.

Prerequisite: HPE 205, HPE 243 and HPE 278, or consent of department chair.

Offered: Spring.

**HPE 309W - Exercise Prescription (3)**

Students will learn how to prescribe appropriate and effective personalized fitness programs. Lectures, practical applications and case studies allow for effective practice designing programs for all populations. This is a Writing in the Discipline (WID) course.

Prerequisite: HPE 205 and HPE 243 or consent of department chair.

Offered: Fall.

**HPE 310 - Strength and Conditioning for the Athlete (3)**

Students will explore the roles and responsibilities of strength and conditioning specialists and acquire skills to design and instruct strength programs for athletes and clients desiring higher level performance.

Prerequisite: BIOL 231.

Offered: Fall.

**HPE 313 - Elementary Activities (3)**

Basic competencies are developed to build a movement framework for children (BSER framework). Included are exploration related to locomotor, non-locomotor, manipulative and creative movement concepts at the elementary level.

Prerequisite: 12 credit hours, including HPE 243, or consent of department chair.

Offered: Fall.

**HPE 314 - Middle School Activities (3)**

Basic competencies are developed to enhance skill development. Included are skill analysis, development of strategies and tactics of strategies and tactics of individual/dual, team, adventure education and rhythmic activities at the middle school setting.

Prerequisite: HPE 301 or HPE 301W and 313, or consent of department chair.

Offered: Fall.

**HPE 315 - High School Activities (3)**

Basic competencies are developed to enhance skill development. Included are skill analysis, development of strategies and tactics of individual and dual/team, adventure education and rhythmic activities in the high school setting.

Prerequisite: HPE 314; consent of department chair.

Offered: Fall.

**HPE 325 - Assessment in Physical Education (2)**

Teacher candidates learn evidence-based practices that measure student achievement in all areas of physical education instruction.

Prerequisite: Concurrent enrollment in or completion of HPE 301 or HPE 301W or consent of department chair.

Offered: Fall.

**HPE 326 - Assessment in Health Education (2)**

Students will design, administer and analyze skills-based health education assessment instruments.

Prerequisite: HPE 300.

Offered: Spring.

**HPE 340 - Sexual Health Education and Promotion (3)**

Students explore human sexuality concepts and apply them to the design, delivery and assessment of developmentally and culturally appropriate sexual health educational interventions in school and community settings.

Prerequisite: 24 credit hours or consent of department chair.

Offered: Fall.

**HPE 344 - Infant Toddler Health and Wellness (3)**

Students explore infant/toddler development including physical health, motor development and impact of environmental, socioeconomic and cultural influences on development. Basic health, safety and nutritional practices are also studied.

Prerequisite: ECED 202, ECED 232, ECED 310, ECED 312, ECED 314, ECED 410 and SPED 301 (B- or higher).

Offered: Fall.

**HPE 345 - Wellness for the Young Child (3)**

Wellness topics for early childhood education (B-8) programs are addressed. This course includes experiences in teaching specific basic wellness topics (e.g., health, safety, nutrition and overall wellness). Hybrid course.

Prerequisite: Admission to the ECED Program or consent of the Health and Physical Education department chair.

Offered: Spring, Summer.

**HPE 346 - Pedagogical Skills in Elementary Health/Physical Education (3)**

Basic principles of comprehensive health education and physical education programs for elementary schools are addressed. 4 contact hours.

Prerequisite: Admission to the Feinstein School of Education and Human Development.

Offered: Fall, Spring, Summer.

**HPE 356 - Recreation Practicum (4)**

Students assist in the development, presentation and evaluation of leisure-time activities in community, agency, school or college settings. Lecture and field experience. 7 contact hours.

Prerequisite: HPE 151 and HPE 252.

Offered: As needed.

**HPE 390 - Independent Study in Physical Education (1)**

Students select a topic and undertake concentrated research under the supervision of a faculty advisor.

Prerequisite: Consent of department chair.

Offered: As needed.

**HPE 403 - Environmental Health (3)**

Students survey environmental health from holistic and interdisciplinary perspectives. They examine the interactive nature of natural and anthropogenic environments, and their impacts on community and population health and health promotion.

Prerequisite: 45 credit hours or consent of department chair.

Offered: Annually.

**HPE 404 - School Health and Physical Education Leadership (3)**

Topics include practical organizational and administrative content and skills, consideration for program planning, teacher evaluation, curriculum, policies, leadership, technology and standards for health education, physical education and extracurricular activities.

Prerequisite: HPE 414 or HPE 414W, or HPE 418 or HPE 418W, or concurrent enrollment in HPE 414W, or HPE 418W, or consent of department chair.

Offered: Spring.

**HPE 406 - Program Planning in Health Promotion (3)**

Students take systematic approaches to developing interventions and programs that promote healthy communities. Planning models, needs assessments, behavior change theories, social marketing, program implementation and evaluation methodologies are addressed.

Prerequisite: HPE 303; a minimum cumulative GPA of 2.75; or consent of the department chair.

Offered: Spring or as needed.

**HPE 408 - Coaching Applications (3)**

Effective planning, implementation and evaluation of practice and game management, as well as seasonal responsibilities of the coach, are analyzed. Includes field work in coaching.

Prerequisite: HPE 201, HPE 205, HPE 243, HPE 278, HPE 308, and current first aid/CPR (infant, child, and adult with AED) certification.

Offered: Fall.

**HPE 409 - Adapted Physical Education (3)**

Individual differences that affect motor learning and performance are considered. Individual educational programs in adaptive, developmental, corrective and inclusive physical education are designed. Laboratory is included.

Prerequisite: SPED 333 and concurrent enrollment in or completion of HPE 413 or HPE 414 or HPE 414W

Offered: Spring.

**HPE 410 - Managing Stress and Mental/Emotional Health (3)**

Students explore connections between mental and physical health as related to managing stress. Activities include the identification of sources, the identification of the impact of stress on health, and the implementation of stress management techniques.

Prerequisite: 45 credit hours or consent of department chair.

Offered: Fall, Spring.

**HPE 411 - Kinesiology (3)**

The effects of physical and anatomical principles on the performance of motor patterns are studied and the mechanical analysis of specific activities are analyzed.

Prerequisite: BIOL 231, HPE 313 (for HPE majors) or HPE 278 (for WES majors) and admission to the Feinstein School of Education and Human Development or consent of department chair.

Offered: Fall, Summer.

**HPE 413 - Practicum in Elementary Physical Education (3)**

Practice creating and implementing developmentally appropriate lessons associated with rhythmic, individual, dual, team and adventure activities at the elementary level. Includes observations and supervised teaching experiences in PK-5 settings. (Formerly Practicum in Creative Movement and Dance.) 4 contact hours.

Prerequisite: HPE 301 or HPE 301W, HPE 313 and HPE 314; or consent of department chair.

Offered: Spring.

**HPE 414W - Practicum in Secondary Physical Education (3)**

Practice creating and implementing developmentally appropriate lessons associated with rhythmic, individual, dual, team and adventure activities at the secondary level. Includes observations and supervised teaching experiences in 6th-12th grade settings. (Formerly Practicum in Individual and Dual Activities.) 6 contact hours. This is a Writing in the Discipline (WID) course.

Prerequisite: HPE 314 and HPE 315 or consent of department chair.

Offered: Spring.

**HPE 415 - Teaching/Assessment in Adapted Physical Education (3)**

Students assess individuals to determine if APE services are needed. Creating/implementing lesson plans in gross motor function, instructional tools and IEP’s are practiced. Supervised teaching in school settings are included.

Prerequisite: HPE 409 and SPED 333 or consent of department chair.

Offered: Fall.

**HPE 416 - Women’s Health (4)**

Students examine women’s health from a holistic, and interdisciplinary perspective. Personal, social, cultural, and societal influences on the health of women, health disparities, and effective health promotion efforts are explored. Students cannot receive credit for both HPE 416 and GEND 416.

Prerequisite: 45 credit hours or consent of department chair.

Cross-Listed as: GEND 416.

Offered: Annually.

**HPE 417 - Practicum in Elementary Health Education (3)**

Students prepare and implement skills-based school health education lessons for the elementary student. Included are planning and implementation of a unit plan and a supervised teaching experience.

Prerequisite: HPE 326 or consent of department chair.

Offered: Fall.

**HPE 418W - Practicum in Secondary Health Education (3)**

Students prepare and implement skills-based school health education for the secondary student. Included are development of a unit plan and a supervised teaching experience. This is a Writing in the Discipline (WID) course.

Prerequisite: HPE 417 or consent of department chair.

Offered: Spring.

**HPE 419 - Practicum in Community and Public Health (3)**

Students gain experience designing, implementing and evaluating community and public health and disease prevention programs and interventions. Focus includes health policy as it applies to health promotion and population health.

Prerequisite: BIOL 231, BIOL 335; HPE 406; a minimum cumulative GPA of 2.75; or consent of department chair.

Offered: Fall.

**HPE 420 - Physiological Aspects of Exercise (3)**

Topics range from the physiological response of the human muscular and cardiorespiratory systems to the acute and chronic effects of physical activity. Lecture and laboratory. 4 contact hours.

Prerequisite: BIOL 335 and admission to the physical education teacher preparation program or consent of department chair.

Offered: Fall, Spring.

**HPE 421 - Senior Lecture: Wellness and Exercise Science (3)**

Under the guidance of the instructor and cooperating professional, students gain the practical experience in wellness and exercise science environments. Students explore research topics and internships opportunities. 4 contact hours.

Prerequisite: HPE 309W; a minimum cumulative GPA of 2.75; or consent of the department chair.

Offered: Fall.

**HPE 422W - Student Teaching Seminar in Health Education (2)**

Teacher candidates explore current trends and topics in education. Communication, collaboration and leadership skills are applied to the health education setting. Students develop skills for the job application process. This is a Writing in the Discipline (WID) course.

Prerequisite: Concurrent enrollment in HPE 424W.

Offered: Fall, Spring.

**HPE 423W - Student Teaching Seminar in Physical Education (2)**

Teacher behaviors appropriate to effective teaching are developed. Topics include classroom and time management, effective communication, learning styles and teaching strategies. This is a Writing in the Discipline (WID) course.

Prerequisite: Concurrent enrollment in HPE 425W.

Offered: Fall, Spring.

**HPE 424W - Student Teaching in Health Education (9)**

In this culminating field experience, candidates complete a teaching experience in an elementary and secondary school under the supervision of cooperating teachers and a college supervisor. This is a full-semester assignment. Graded S, U. This is a Writing in the Discipline (WID) course.

Prerequisite: Concurrent enrollment in HPE 422W and approved Readiness to Student Teach Portfolio.

Offered: Fall, Spring.

**HPE 425W - Student Teaching in Physical Education (9)**

In this culminating field experience, candidates complete a teaching experience in an elementary and secondary school under the supervision of cooperating teachers and a college supervisor. This is a full-semester assignment. Graded S, U. This is a Writing in the Discipline (WID) course.

Prerequisite: Concurrent enrollment in HPE 423W and approved Readiness to Student Teach Portfolio.

Offered: Fall, Spring.

**HPE 426W - Internship in Community and Public Health (10)**

Students cultivate professional skills essential to the diverse fields of community and public health, including health education and health promotion, through a service-learning experience in health agencies or organizations. Graded S, U. This is a Writing in the Discipline (WID) course.

Prerequisite: HPE 419, minimum cumulative G.P.A. of 2.75, an approved Internship application, and completion of all required courses.

Offered: Fall, Spring, Summer.

**HPE 427 - Internship in Wellness and Exercise (10)**

Extensive application of professional and specialized skills essential to wellness and exercise science are implemented in a authentic settings. Graded S, U.

Prerequisite: HPE 421, concurrent enrollment in HPE 430, a minimum cumulative GPA of 2.75, successful completion of an internship application and completion of all required courses.

Offered: Fall, Spring, Summer.

**HPE 428 - Educational Kinesiology and Exercise Physiology (3)**

Teacher candidates explore physiological and biomechanical concepts needed to efficiently analyze and correct critical elements of motor skills and performance concepts in authentic PK-12 situations.

Prerequisite: BIOL 231, BIOL 335, and HPE 313; or consent of department chair.

Offered: Fall.

**HPE 429 - Seminar in Community and Public Health (2)**

Students participate in a professional learning community to share, analyze and reflect on internship and research experiences. Students further develop professional competencies in the field.

Prerequisite: Concurrent enrollment in HPE 426W.

Offered: Fall, Spring, Summer.

**HPE 430 - Seminar in Wellness and Exercise (2)**

In a professional learning community, students analyze, reflect and share internship experiences. Responsibilities and best practices of the profession are explored and developed.

Prerequisite: Concurrent enrollment in HPE 427.

Offered: Fall, Spring, Summer.

**HPE 431 - Drug Education (3)**

Standards-based strategies for drug education in school and community settings are explored. Impact of alcohol, tobacco and other drugs on dimensions of wellness, risk factors, prevention and trends are examined.

Prerequisite: HPE 300 or consent of department chair.

Offered: Fall.

**HPE 434 - Health Education Student Teaching Capstone (1)**

Teacher candidates are provided additional experiences to co-teach, teach and assess in the health education setting. Graded S, U.

Prerequisite: Approved Readiness to Student Teach Portfolio.

Offered: Fall, Spring, Early Spring.

**HPE 435 - Physical Education Student Teaching Capstone (1)**

Teacher candidates are provided additional experiences to co-teach, teach and assess in the physical education setting. Graded S, U.

Prerequisite: Approved Readiness to Student Teach Portfolio.

Offered: Fall, Spring, Early Spring.

**HPE 444 - Practicum in Adapted Physical Education (3)**

Teaching candidates complete a capstone course on planning, teaching and evaluating individuals with disabilities in gross motor settings. The experience includes IEP meetings, logs, implementing formal evaluations and analyzing data.

Prerequisite: SPED 333, HPE 409 and HPE 415.

Offered: Early Spring.