

# HEALTH EDUC PHYSICAL EDUC (HEPE)

## HEPE 1567 Performance and Analysis of Invasion Games 3 s.h.

Analysis, performance, content and strategy development, teaching, and assessing of invasion games (basketball, football, soccer, team handball, rugby, ultimate frisbee, field hockey, floor hockey, and lacrosse). Two hour lecture, two hour lab.

## HEPE 1574 Performance and Analysis of Target and Fielding Games 3 s.h.

Analysis, performance, content and strategy development, teaching, and assessing of target and field games (golf, bowling, softball, cricket and other lifetime activities). Two hour lecture, two hour lab.

## HEPE 1575 Performance and Analysis of Net and Wall Games 2 s.h.

Performance and Analysis of performing and strategies for teaching/coaching and assessing net/wall games (badminton, pickleball, tennis, racketball, volleyball and other net/wall games). One hour lecture, two hours lab.

## HEPE 1579 Rhythmic Movement for Children 1 s.h.

Content and teaching strategies related to rhythmic movement for children grades PreK-4. Rhythmic movement skills and concepts explored to provide successful dance experiences for children. One hour lecture, one hour lab.

**Prereq.:** Physical education major.

## HEPE 2610 Introduction to Outdoor Pursuits 3 s.h.

Introduction to outdoor education including participation in initiatives, cooperative, orienteering, hiking, high and low ropes, and water based outdoor pursuits. Focus on activities to challenge by choice. One hour lecture, two hour lab.

## HEPE 2624 Physical Education for Children in Early Childhood Settings 3 s.h.

Principles, methods, materials, and organization of activities for preschool-grade 3 children. Active participation, approximately 15-20 hours field work in area preschools/schools.

## HEPE 2628 Movement for Early Childhood 3 s.h.

Movement education approach to teaching fundamental movement patterns, educational dance, gymnastics, games, and creative activities for grades PreK-3. Two hours lecture, two hours lab. 20 hours field experience required.

**Prereq.:** Physical Education major.

## HEPE 2650 Ethics in Sport and Coaching 2 s.h.

An introduction to ethics in sport, exploring ethical issues in relation to coaching K-12 student athletes. Skills related to exploring ethical dilemmas and ethical decision making. Discussion of District, State and National policies related to ethics.

## HEPE 2672 Mechanical Principles of Movement 3 s.h.

Knowledge and methods of mechanical concepts as they relate and apply to the structure and function of human movement. Muscular structure and function in relation to physical movement, analysis of fundamental human movements. Includes the physical characteristics of the human body and applicable principles of mechanical physics. Two hours lecture. Two hours lab.

**Prereq.:** BIOL 1552, BIOL 1552L or BIOL 1545, BIOL 1545L.

## HEPE 2689 Scientific Basis of Fitness 3 s.h.

Introduction to components of fitness and their physiological basis. Role of exercise and physical activity in the life of the P-12 learner. Application of training principles and participation in a variety of fitness activities. Introduction to physical fitness assessment. Two hour lecture, two hour lab.

**Prereq.:** Physical Education major and PHLT 1568.

## HEPE 3702 Health Education Theory and Methods 4 s.h.

Theory, curriculum and methods for teaching health education in P-12 classroom. Provides both content and pedagogical knowledge. 3 hour lecture and 2 hour lab. 20 hours of field experience required. Concurrent with: HEPE 3767.

**Prereq.:** PHLT 1568.

## HEPE 3715 Teaching of Middle School Health Education 3 s.h.

Curriculum, methods and materials for teaching middle school health education. Two hour lecture, Two hour lab. 60 field hours required.

**Prereq.:** HEPE 3702, BIOL 1545 and TELS Upper Division Status.

## HEPE 3716 Teaching of High School Health Education 3 s.h.

Curriculum, methods and materials for teaching high school health education. Two hour lecture and two hour lab. 60 field hours required.

**Prereq.:** HEPE 3702, BIOL 1545 and TELS Upper Division Status.

## HEPE 3740 Coaching the Young Athlete 3 s.h.

This course will address the pedagogy and practice of coaching sports with emphasis on youth sport development. The course will include coaching techniques, responsibilities, interaction with students and parents, injury prevention and sport psychology utilizing discussion, case method study, and practical application. The intent of the course is to help the student develop a coaching philosophy to positively affect youth sport development.

**Prereq.:** HEPE 2689.

## HEPE 3750 Organization and Management of Sport Programs and Events 2 s.h.

The purpose of the course is to provide students with an understanding of the responsibilities of administrators and coaches involved in K-12 athletics. Content will focus on sport team scheduling, athletic facility requirements, fundraising, budgeting, event planning, career networking/advancement, coaching acquisition and termination, and increasing sport programs of an athletic program. Students will be introduced to the requirements of set policies by the school district, athletic conferences, state athletic associations, state and federal law and the National Collegiate Athletic Association (NCAA).

**Prereq.:** Junior standing.

## HEPE 3766 Principles and Analysis of Motor Development 3 s.h.

Application of a lifespan motor development approach to critically analyzing movement patterns. Emphasis on motor development including biomechanical aspects of movement, and on teaching applications. Two hours lecture, two hours lab. 8 hours field experience required.

**Prereq.:** BIOL 1545 and BIOL 1545L.

## HEPE 3767 Pedagogy in P-12 Health Education and Physical Education 3 s.h.

Effective teaching practices and development of skills including classroom management, lesson planning, and selection of appropriate methods of instruction. Peer teaching and reflection. Two hours lecture, two hours lab. 20 hours of field experience required.

**Prereq.:** 20 s.h. in major and HEPE 3766.

## HEPE 3768 Advocacy and Best Practices in Health and Physical Education 2 s.h.

Emphasizes the advocacy role of the health and physical educator. Includes use of research and best practices documents to advocate for the inclusion of health and physical education for all P-12 learners. One hour lecture, two hour lab.

**Prereq.:** 20 s.h. in Physical Education major or Health Education major and HEPE 3767.

## HEPE 3780 Methods of Teaching Dance 3 s.h.

Movement skills and music concepts will be explored through rhythmic movement for all P-12 grade student learners. Rhythm and movement fundamentals and forms: creative expression, exploration, folk, square, contra, line, social and aerobic. Teacher candidates will learn how develop, plan, teach and assess dance for all student learners. Two hour lecture, two hour lab.

**Prereq.:** HEPE 3767.

## HEPE 4808 Standards Based Assessment in Health and Physical Education 3 s.h.

Theory, purposes, procedures, and uses of standards-based assessment for teaching P-12 health and physical education settings including cognitive, motor, and affective domains. Limitations of traditional assessment. Practical experience in designing assessments, collecting and analyzing data. Three hours lecture.

**Prereq.:** Physical Education or Health Education major and admission to TELS Upper Division Status.

**HEPE 4851 Cultural Aspects of Physical Education and Sport 3 s.h.**

Survey of major historical, psychosocial developments, and philosophical issues in physical education and sport from ancient times to the present.

**Prereq.:** Junior standing.

**HEPE 4852 Psychosocial Aspects of Physical Education and Sport 2 s.h.**

Survey of major psychosocial principles, developments and concerns as they relate to the participant in physical activity and sport.

**Prereq.:** 20 s.h. in major.

**HEPE 4860 Internship for Coaching Education 3 s.h.**

The internship will consist of 180-220 field hours. The field experience will be in a youth sport and/or P-12 youth sport program. Examination of issues related to the coaching early childhood, middle childhood, special education, or adolescents/young adults program.

**Prereq.:** HEPE 3740, HEPE 3750, and HEPE 3767.

**HEPE 4876 Teaching of Elementary Physical Education 3 s.h.**

Curriculum, methods and materials for teaching elementary physical education. Critical task includes completion of a learning segment in area schools. Two hours lecture, two hours lab. 60 hours field experience required.

**Prereq.:** HEPE 3767 and TELS Upper Division Status.

**HEPE 4878 Teaching of Middle/Secondary Physical Education 3 s.h.**

Curriculum, methods and materials for teaching secondary physical education. Critical task includes completion of a learning segment in area schools. Two hours lecture, two hours lab. 60 hours field experience.

**Prereq.:** HEPE 3767 and TELS Upper Division Status.

**HEPE 4889 Selected Topics in Health and Physical Education 2 s.h.**

In depth study of special topics in Health and/or Physical Education. Topics to be determined. Two hour lecture. 30 hours field experience required.

Concurrent with: HEPE 3702.

**Prereq.:** HEPE 3768.

**HEPE 4895 Introduction to Adapted Physical Education 4 s.h.**

Introduction to developmentally appropriate, inclusive physical education for P-12 learners. Emphasis on acquiring a basic understanding of planning, delivering, and assessing appropriate inclusive physical education experiences for all children. Approximately 20 hours of field work. Three hour lecture, two hour lab.

**Prereq.:** HEPE 3766.

**HEPE 4899 Physiological Effects of Exercise on Children and Adolescents 3 s.h.**

Examining the body's response to physical activity in relation to the P-12 learner. Study of how physical activity influences the body's systems. Primary focus is application in a physical education setting.

**Prereq.:** HEPE 3766.