

GREEK

See Romance Languages

HEALTH, PHYSICAL EDUCATION AND RECREATION

HPR

College of Education

Instructional Courses

The program in physical education is designed to offer the student an opportunity to test and evaluate himself physically and, during his first term at the University, be guided in his choice toward activities in which he may achieve some measure of success, add to his physical well-being and develop a reasonable amount of skill which may promote participation in healthful activities throughout his entire life. Classes are offered in the areas of body dynamics; aquatics; individual, dual, and team sports; dance; and gymnastics.

105. Foundations of Physical Education

Fall, Winter, Spring. 1(0-3)

Fundamentals of movement and basic concepts of physical education. Required of all first-term Freshmen. Designed for the exploration of the student's own physical potential, this course deals with physical performance and ability, exercise and posture, good form in the basic skills of work and play. A testing program helps the student realize the personal value of a regular exercise program in improving and maintaining his optimum fitness for daily living.

106. Individual Sports

Fall, Winter, Spring, Summer. 1(0-3)

Provides opportunities for the student to become adept in one or more activities with high carry-over value, and acquire skills which will be a source of healthful and recreational exercise.

107. Dual Sports

Fall, Winter, Spring. 1(0-3)

Includes such activities as tennis, badminton and handball. These activities teach balance, poise, agility, and develop and maintain endurance. Usually more vigorous than individual sports, these activities are of special value to those whose present and future work is sedentary.

108. Team Sports

Fall, Winter, Spring. 1(0-3)

This area emphasizes the continued development and improvement in self discipline and cooperation.

109. Aquatics

Fall, Winter, Spring, Summer. 1(0-3)

Instruction in aquatics provides for survival, protection and safety, not only of the student, but also of others.

110. Gymnastics

Fall, Winter, Spring. 1(0-3)

Contributes to the development of symmetrical, organically sound bodies. Poise, grace, flexibility and a better understanding of the healthful benefits of regular exercise are emphasized. The many specifics in this area include tumbling, apparatus, and Swedish gymnastics.

111. Dance

Fall, Winter, Spring. 1(0-3)

The oldest of all forms in art and physical activity, presents the use of creative rhythmic movement as a means of expression and communication. The varied program in dance will provide a source of appreciation and pleasure after graduation.

Professional Courses

Health Education—103, 316, 328, 331, 405, 407, 802, 810, 850, 889, 890, 985.

Physical Education—103, 121, 122, 123, 224, 226A, 232, 240, 250, 251, 260, 261, 306, 307, 309, 310, 321B, 329, 338, 341, 342, 343, 344, 345, 346, 360, 373, 385, 390, 408, 410, 411, 421, 424, 436, 452, 800, 801, 804, 805, 806, 808, 813, 814, 815, 816, 819, 820, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 840, 850, 852, 860, 879, 882, 884, 885, 889, 890, 899, 950, 982, 984, 999.

Recreation Education—201, 300, 303, 370, 400, 401, 402, 403, 404, 418, 422, 445, 471, 803, 850, 889, 890.

103. Personal Health

Fall, Winter, Spring. 3(3-0)

Development of understandings, attitudes and practices that are necessary for more healthful living. Provides background for teaching health to children.

121. Professional Perspectives

Fall, Winter. 1(0-3)

Introduction to the profession of physical education.

122. Movement Perspectives

Winter, Spring. 1(2-0) 121 or concurrently.

Descriptive analysis of activities in daily living, sports, and dance.

123. Teaching Perspectives

Spring. 1(0-3) 122.

Introduction to teaching in physical education.

201. Social Recreation and Game Leadership

Spring. 3(2-3) Sophomores.

Methods, materials, and practice in conducting party programs, indoor games, and celebrations for large and small groups. Games using special equipment commonly employed in resorts and community centers.

224. Swimming

Winter. 2(1-3) 109; approval of department.

Advanced techniques, planning competitive events, conditioning, training, and coaching. The care and maintenance of swimming pool operations.

226A. Physical Education in the Elementary School

Fall. 3(2-3) Sophomores.

Curriculum, skills, games, and rhythms.

232. Rhythmic Form and Analysis

Fall. 2(1-3)

Fundamental rhythms and application to movement and accompaniment. Rhythmic studies and rhythmic approach to composition.

240. Measurement in Physical Education

Fall, Winter. 3(2-3) PSL 240.

The basis of measurement techniques for use in school physical education programs.

250. Mechanical Analysis of Physical Activity

Winter, Spring. 3(2-3) Concurrently with 251; ANT 316.

Techniques of analysis of human movement based upon mechanical principles.

251. Structural Analysis of Physical Activity

Winter, Spring. 2(1-3) Concurrently with 250; ANT 316.

Techniques of the analysis of human movement based on body structure and muscular action.

260. Developmental Basis of Physical Activity

Fall, Winter, Spring. 3(2-3) 251;

261 concurrently.

Physical growth and motor development related to movement patterns in childhood and youth.

261. Psychomotor Basis of Physical Activities

Fall, Winter, Spring. 3(3-0) 251;

260 concurrently.

The application of psychomotor principles to human movement.

300. Camp Counseling

Spring. 3(2-3)

Orientation and preparation for job. Organization of activities and special programs. Group leadership responsibilities. Development of camp counseling techniques.

303. Recreation and Youth Organization Programs

Winter. 3(3-0) Sophomores.

Development and conduct of special recreation events in community and youth organization programs including civic and youth centers, agency operation, adult and senior citizen activities.

306'. Athletic Training

Fall, Winter, Spring. 2(1-3) ANT 316; PSL 240 or approval of department.

Principles governing conditioning of men for various sports; different types of men; hygienic rules, study of weight sheets, massage; prevention of staleness, symptoms and treatment; work and rest; prevention and treatment of injuries.

307. Football

Winter, Spring. 3(2-4) Majors or approval of department.

Equipment, conditioning, fundamentals, individual positions, offense, defense, signals, generalship, strategy, and interpretations of rules.

309. Track and Field Athletics

Fall. 3(2-4) Juniors or approval of department.

Organization and development of track and field athletics. Administration and handling of competitions, techniques of various events and methods of training and evaluating candidates.

310. Cultural Analysis of Physical Activities

Fall, Winter. 3(3-0) Junior majors.

Historical and sociological analysis of the development of physical education, sports, and dance, and their roles in current society.

¹For men only.

316. Community Health Problems

Winter, Spring. 3(3-0) 103.

Knowledge and understanding of community health problems and needs. Special attention to various health organizations working toward solution of these problems.

321B. History of Dance

Spring of odd-numbered years. 3(3-0)

341.

Historical survey and summary of the dance area. Study of dance from primitive man to present. Contributions of outstanding dancers and dance educators presented and various theories and philosophies examined.

328. School Health Problems

Fall, Winter. 3(3-0) 103.

Health problems of school-age children. Special attention to school health services and healthful school living.

329'. Basketball

Fall, Spring. 3(2-4) Three terms of instructional Physical Education.

History and techniques, fundamentals, equipment, treatment of injuries, methods of training, and coaching. Rules and various types of offense and defense.

331. First Aid

Fall, Winter, Spring. 3(3-0)

Methods of giving aid in case of accident or sudden illness; bandaging; control of hemorrhage; resuscitation; administration of simple antidotes in case of poisoning; caring for wounds and injuries. American Red Cross First Aid certificates are issued to those completing course.

338'. Gymnastics

Fall, Winter, Spring. 2(0-6) Junior majors.

Teaching techniques and fundamentals of apparatus stunts, individual and doubles tumbling stunts, techniques of conducting calisthenics programs. Emphasis on building stunt routines and safety measures in gymnasium.

341. Techniques of Teaching Physical Activities

Winter, Spring. 2(0-6) Approval of department for competencies.

Advanced strategies and analysis of teaching of physical activities with emphasis on applications of kinesiological principles.

342. Techniques of Teaching Physical Activities

Fall, Spring. 4(1-9) 261, approval of department for competencies.

Continuation of 341.

343. Techniques of Teaching Physical Activities

Winter, Spring. 4(1-9) 261, 341, approval of department for competencies.

Continuation of 342.

344. Techniques of Teaching Physical Activities

Fall, Spring. 2(1-4) 261, approval of department for competencies.

Continuation of 343.

345. Techniques of Teaching Physical Activities

Winter, Spring. 2(1-4) 240, 261, senior life saving.

Advanced strategies and analysis of teaching of physical activities with emphasis on applications of kinesiological principles.

346. Team Sport Officiating

Fall, Winter. 1(0-3) May re-enroll for a maximum of 2 credits. 342.

Techniques of officiating and the role of the official in field hockey or basketball.

360. Wrestling

Spring. 2(0-6) 107, wrestling, majors.

Techniques necessary to conduct combatives programs in schools. Teaching techniques and fundamental skills of boxing, wrestling, and fencing. Training and conditioning, equipment, officiating and safety measures.

370. Playground and Day Camp Administration

Winter, Spring. 3(3-0) Approval of department.

Organization and administration of playground and day camp programs; equipment and areas, supplies and maintenance; staff selection and training; policies, records and legal responsibilities.

373'. Games

Fall, Spring. 4(2-6) Sophomore majors and minors.

Techniques of game selection and teaching at various school levels. Attention to leadership skills in games of low organization, contests and relays. Fundamentals, techniques and roles of badminton, volleyball and touch football.

385. Advanced Contemporary Dance

Fall, Winter. 2(0-6) Beginning contemporary dance.

Dance techniques and compositions; studies and problems with creative dance field; program presentation.

390. Cadet Teaching

Fall, Winter, Spring. 2(0-6) Two of the following: 342, 343, 344.

Clinical experience in teaching various age groups.

400. Camp Administration

Fall. 3(3-0) 300 or approval of department.

Organization and administration of public, semi-public, and private camps; their program requirements and standards. Equipment, camp sites, budgets, and staff.

401. Organization and Administration of Community Recreation

Winter. 3(3-0) 370; 404; 422.

Development of the recreational movement in respect to leisure time. Community recreation programs. State and national acts. Principles and practices in recreational administration.

402. Student Leadership in Recreation

Summer. 3 to 6 credits. May re-enroll for a maximum of 6 credits.

Student will act as a camp counselor or playground leader under supervision at an approved camp or playground. Reports required of student periodically.

403. Field Work in Health, Physical Education or Recreation

Fall, Winter, Spring, Summer. 1 to 8 credits. May re-enroll for a maximum of 8 credits. Approval of department.

Laboratory course in which student acts as a leader under supervision in community or school health, physical education, and recreation programs.

404. Facility Planning and Construction

Winter. 4(4-0)

Planning of athletic and physical education facilities such as gymnasiums, ice rinks, swimming pools, outdoor areas, etc., will be covered. Space utilization standards and guidelines will be presented along with the selection of equipment.

405. The School Health Program

Fall. 3(3-0) Eight credits in Health Education or approval of department. Primarily for students specializing in health education, those interested in administering school health programs, and school administrative officers.

Coordination of all aspects of school health with other school programs, with outside agencies, and with community at large. Policies governing staff, facilities, and program.

407. Safety Education

Fall, Winter, Spring. 3(3-0) Seniors. Primarily for administrators, secondary school academic and elementary school classroom teachers, health and physical educators.

Safety problems in the home, school, and community; safety education programs in the elementary, junior and senior high schools.

408. Advanced Basketball

Fall. 4(4-0) 329. Primarily for students intending to become coaches.

Advanced techniques in offensive and defensive strategy, equipment, training personnel, scouting, and officiating.

409. Team and Individual Sports for Women

Fall, Winter. 2(1-3) Approval of department.

Advanced techniques, strategy, conditioning and training, competitive events, and coaching.

410'. Baseball

Fall. 3(2-4) Majors or approval of department.

Fundamentals and proper methods of fielding each position; qualifications for positions; teamwork and strategy; study of rules.

411. Practicum

Winter. 2(1-3)

Advanced composition and choreography.

415. Curriculum and Administration in Physical Education

Winter, Spring. 5(4-3) ED 436.

Administrative principles and the development of the physical education curriculum in schools.

418. Intramural Sports

(320.) Winter. 3(3-0) Juniors.

How to carry on a program of intramural sports. Administration, purpose, schedule, publicity, program of activity, scoring, rules, awards, and reports.

421'. Advanced Football

Spring. 5(5-0) 307.

Analysis of best known offensive and defensive systems. Modern techniques of training, game strategy, scouting, and officiating.

422. The Theory and Philosophy of Recreation

Fall. 3(3-0)

Philosophy and psychology of play. Types of play program, program building, the play teacher.

¹For men only.

- 424. Problems in Education**
Fall, Winter, Spring, Summer. 1 to 9 credits. May re-enroll for a maximum of 9 credits. Approval of department.
Selected professional problems of teachers will be dealt with on an individual and on a group basis. Each student will be expected to select one or more problems for study.
- 436. Dance Production**
Spring of even-numbered years. 3(2-3)
Approval of department.
Principles and methods involved. Practical experience in development and presentation of dance programs.
- 445. Outdoor Education**
Fall, Spring. 3(3-0) Juniors.
Teachers and others interested in instructional programs involving use of outdoor settings, school camps. History, philosophical basis, implications for the curriculum. Field trips and observations arranged.
- 452. Physical Education and Recreation for the Handicapped**
Fall. 3(2-3) 260, 261.
Principles and procedures in selecting and sequencing learning activities of school age children with handicapped conditions that require special physical education programs or adapted activities in the regular program.
- 471. Youth Serving Organizations**
Fall. 3(3-0) Sophomores.
Study of historical background, purposes and philosophy; organizational structure and administrative functions of youth organizations.
- 800. Teaching Problems and Advanced Methods**
Spring. 3(3-0)
Relationship of research in education to educational practice in physical education. Problems in instruction. Careful consideration of new and older methods applied to physical education in the public schools.
- 801. Current Problems in Physical Education**
Winter, Summer. 3 credits.
Recognizing, classifying and rating problems in physical education. Studying techniques and methods for solving problems. Selecting for study individual and group problems.
- 802. Current Problems in Health Education**
Winter, Summer. 3 credits. Approval of department.
Problems in both the fields of health and safety education are presented and discussed. Special emphasis will be placed upon the controversial issues in these fields.
- 803. Current Problems in Recreation**
Fall, Summer. 3(3-0) 422.
Study of the issues in the areas of public and school recreation, youth-serving organizations, and community groups. Emphasis will be on recognizing signs of conditions that could lead to problems.
- 804. Evaluation in Physical Education I**
Winter. 3(3-0) 240, 808 or approval of department.
Application of elementary inferential statistics to research problems in Physical Education.
- 805. Evaluation in Physical Education II**
Spring. 5(3-6) 804 or approval of department.
Application of advanced inferential statistics to research problems in physical education with emphasis on computer usage.
- 806. Sports and Society**
Spring. 3(3-0)
Social and cultural nature, origin, and development of sports in Western society. Examination of relationships between structure, variety, and extent of sports activity and other institutional sectors in society; family, economy, government.
- 808. Research Techniques**
Fall, Summer. 4(3-3)
- 810. Organization and Administration of Safety Education**
Spring, Summer. 3 credits. 407.
Primarily for leaders, teachers, and administrators.
Various phases of organization and administration of safety education. Application of this knowledge in solving safety problems in the community.
- 813. Analysis of Professional Literature**
Fall, Spring. 2(2-0) Approval of department.
Outstanding professional literature in health, physical education, and recreation and of the related fields of physiology, psychology, sociology and others. Critical analysis of selected studies.
- 814. The Application of Psychology to Physical Education and Athletics**
Winter. 3 credits.
Need and purpose of psychology in physical education and athletics. Studies of the psychology of physical education and athletics.
- 815. Special Aids in Physical Education**
Winter. 3 credits.
Course for experienced teachers; deals with special problems found in teaching physical education.
- 816. Motor Development**
Winter. 3(3-0)
Principles of motor development, with implications for learning gross motor skills. Consideration of the factors associated with individual differences in attaining motor proficiency during childhood and adolescence.
- 819. Physical Education and Recreation for the Mentally Handicapped**
Spring. 3(2-3) 452; ED 424, 429.
Application of research data and physical education principles and practices to the solving of learning difficulties of the handicapped. Curriculum development with procedures for instructional modification and evaluation.
- 820. Physical Conditioning**
Spring. 3(3-0) 825 or approval of department.
Selected topics in physical conditioning or training for improved work performance.
- 822. Philosophy of Physical Education**
Spring, Summer. 3 credits.
Studies of the philosophy of physical education and athletics.
- 823. Mechanical Analysis of Physical Education Activities**
Spring. 3(3-0) 250 or approval of department.
Integrating the student's knowledge of anatomy, physiology and elementary physics to gain an understanding of the way the whole body responds in a dynamic situation.
- 824. Somatic Foundations of Physical Activity I**
Fall. 3(3-0)
Study of the immediate and chronic effects of physical exercise.
- 825. Somatic Foundations of Physical Activity II**
Winter. 3(3-0) 824.
Continuation of 824.
- 826. Somatic Foundations of Physical Activity Laboratory**
Spring. 2(1-3) 825 or concurrently.
Laboratory course based on the subject matter of 824 and 825.
- 827. Seminar in Physical Education**
Fall, Winter, Spring, Summer. 1(1-0)
May re-enroll for a maximum of 6 credits in master's program. 808 or concurrently.
Research seminar for master's and doctoral candidates. Primary attention given to the review of students' theses and research problems.
- 828. Laboratory Orientation**
Fall. 1(0-3)
Laboratory techniques with emphasis on maintenance, calibration and operation of laboratory instruments.
- 829. Supervision of Physical Education**
Winter. 3(3-0) Approval of department.
Techniques of supervision and their application in improving the teacher-pupil learning situations. Problems met by supervisors in elementary and secondary schools with class participation in solving them.
- 830. Motor Skill Learning**
Fall. 3(3-0)
Research and theory of learning, performance, and related factors as applied to gross motor skills. Intended for teachers, coaches, and those concerned with human performance in motor activity.
- 831. Experiments and Theoretical Issues in Motor Learning**
Spring. 3(2-3) 830.
Familiarization of laboratory equipment, experimental designs, and experiments in motor learning discussed in the context of theoretical issues.
- 840. Physical Education and Recreation for the Physically Handicapped**
Winter. 3(2-3) 251, 260.
Physical education and recreation therapy of the physically handicapped with problems concerned with cerebral palsy, paraplegics, amputees, cardiac, diabetic, asthmatic and low level physical fitness conditions.
- 850. Individual Study**
Fall, Winter, Spring, Summer. 1 to 6 credits. May re-enroll for a maximum of 6 credits. Approval of department.

852. The Curriculum in Physical Education
Spring. 3 credits.
Principles and content of physical education curricula in schools and colleges.

860. Administration of Physical Education in Schools and Colleges
Fall, Summer. 3(3-0)
Designed to familiarize majors in this and other areas with administrative problems incident to high school and college programs of physical education for men and women.

879. Internship
Fall, Winter, Spring, Summer. 3 to 9 credits. May re-enroll for a maximum of 9 credits. Approval of department.
Internship experience under the guidance and supervision of MSU faculty and intern consultants. Involves a variety of activities. Satisfies departmental required option. Proposal must be reviewed by faculty Review Board.

882. Seminars in Health, Physical Education and Recreation
Fall, Winter, Spring. 1 to 5 credits. Approval of department.
Seminars in various fields of emphasis.

884. Directed Laboratory Experience
Fall, Winter, Spring. 2 to 5 credits. May re-enroll for a maximum of 9 credits except in combination with 879. Students receiving credit in 879 are limited to combined total of 6 credits in 884 and 885. Approval of department.
Supervised laboratory experience for master's candidates.

885. Directed Field Experience
Fall, Winter, Spring. 3 to 9 credits. May re-enroll for a maximum of 9 credits except in combination with 879. Students receiving credit in 879 are limited to a combined total of 6 credits in 884 and 885. Approval of department.
Supervised field experience in schools and other institutions for master's candidates.

889. Project in Health, Physical Education and Recreation
Fall, Winter, Spring, Summer. 2 to 6 credits. May re-enroll for a maximum of 6 credits. Approval of department.
Satisfies departmental required option. Proposal must be reviewed by faculty Review Board.

890. Workshop
Summer. 2 to 10 credits. May re-enroll for a maximum of 10 credits. Approval of department.
A laboratory approach to problems in the various areas of education. The workshop makes it possible for the participants to devote a period of time in a concentrated effort to find solutions to common problems.

899. Research
Fall, Winter, Spring, Summer. 1 to 9 credits. May re-enroll for a maximum of 9 credits. 804 or concurrently; approval of department.

950. Individual Study
Fall, Winter, Spring, Summer. 2 to 12 credits.

982. Seminars in Health, Physical Education and Recreation
Fall, Winter, Spring. 1 to 5 credits. Approval of department.
Seminars in various fields of emphasis.

984. Directed Laboratory Experience
Fall, Winter, Spring. 2 to 15 credits. Doctoral candidate; approval of department.
Supervised laboratory experience for doctoral candidates.

985. Directed Field Experience
Fall, Winter, Spring. 3 to 15 credits. Doctoral candidate; approval of department.
Supervised field experience in schools and other institutions for doctoral candidates.

999. Research
Fall, Winter, Spring, Summer. Variable credit. Approval of department.

HISTORY

HST

College of Arts and Letters

103. Survey of the Ancient World
Fall, Winter, Spring, Summer. 4(3-1)
A survey of the origins and development of political, economic, social, and religious life in the ancient Mediterranean world from 4000 B.C. to the fall of Rome. For students of all disciplines wishing an introduction to the historiographical method.

104. Survey of the Medieval World
Fall, Winter, Spring, Summer. 4(3-1)
A survey of political, economic, social, and religious developments from the fall of Rome to 1350, especially in Western Europe, but also in Byzantium and the Islamic world. For students of all disciplines wishing an introduction to the historiographical method.

105. Survey of Europe in Early Modern Period, 1350-1789
Fall, Winter, Spring, Summer. 4(3-1)
A survey of European developments in the era of the Renaissance, Reformation, Enlightenment, and French Revolution. Emphasis on religious and dynastic rivalries, rise of the middle class, and secularization of society. For students of all disciplines wishing an introduction to the historiographical method.

106. Survey of Modern Europe, 1789-1945
Fall, Winter, Spring, Summer. 4(3-1)
A survey of political, social and economic developments in Europe after 1789. For students of all disciplines wishing an introduction to the historiographical method.

121. Union to Disunion America, The First Hundred Years
Fall, Winter, Spring, Summer. 4(3-0)
Inquiry into the major problems confronting the new nation and their consequences for American development; establishment of republican government, economic growth, westward expansion, reform movements, slavery, Civil War.

122. History of the United States: The Nation State
Fall, Winter, Spring, Summer. 4(3-0)
Nature of American history since 1877. Through a combination of readings, lectures and discussion, the student derives some understanding of both facts and meaning of history, and methodology of the historian.

133. The United States in World Affairs
Winter. 3(3-0) Not open to history majors.

American foreign relations during and after World War II, recent relations with Asian countries, West Germany, the Soviet Union, and America's reaction to the Middle East question.

151. Introduction to the Study of History
Fall, Winter, Spring. 3(3-0) Open only to Freshman and Sophomore history majors.
Intensive study of a major piece of historical writing in a variety of contexts to introduce majors to the discipline and to prepare them for extensive work in the History Department.

211. Conflict, Rivalry, and Development in a World of Sovereign States: Historians' Views of the Last Ten Years
Fall. 3(3-0)

Economic competition, search for security and the influence of nationalism and ideology in foreign policy in recent years are examined by specialists in major world areas. Emphasis on U. S. relations with these areas.

231. American Biography
Winter. 4(4-0) Juniors.
Lives of interesting individuals who have helped shape the course of American history along with discussion of the nature, method, problems and impact of the biographical approach to history.

235. Military History of the United States
Fall. 3(3-0)
Evolution of United States military policy with emphasis on the causes and conduct of wars, the democratization of war, the implications of the industrial, managerial, and scientific revolutions and the quest for peace.

242. Economic and Business History
Fall, Winter, Spring. 3(3-0)
Survey of major changes in the American economy since the middle of the 19th century, including transportation, industry, labor, finance, and marketing. Role of private business and government in economic change.

245A. American History for Secondary Teachers: The Federal Union, 1607-1848
Fall. 4(4-0) Approval of department.
Examination and analysis of broad outlines of American history. Course will help students develop intellectual and technical skills conducive to effective high school teaching.

245B. American History for Secondary Teachers: Origins of Modern America, 1848-1914
Winter. 4(4-0) Approval of department.
Broad outlines of American history. Course will help students develop intellectual and technical skills conducive to effective high school teaching.

245C. American History for Secondary Teachers: The United States as World Power, 1914 to Present
Spring. 4(4-0) Approval of department.
Broad outlines of American history. Course will help students develop intellectual and technical skills conducive to effective high school teaching.