

## 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.

#### 112. Adapted Physical Education

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

Physical restoration program offered for all physically handicapped students or any student who is temporarily injured or incapacitated. This program is under the supervision of the University Health Center and is administered by a physical therapist. Students are directed into suitable activities, or a program of relaxation and corrective exercise is prescribed.

#### Professional Courses

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

Physical Education—103, 121, 122, 123, 226A, 232, 240, 250, 251, 260, 261, 306, 307, 309, 310, 321, 321b, 329, 338, 341, 342, 343, 344, 345, 346, 360, 373, 379, 390, 408, 410, 411, 421, 424, 436, 451, 452, 801, 805, 806, 808, 813, 814, 815, 816, 819, 820, 822, 823, 825, 827, 829, 842, 850, 852, 860, 889, 890, 899, 950, 999.

Recreation Education—201, 300, 303, 320, 370, 400, 401, 402, 403, 404, 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.

#### 226A. Physical Education in the Elementary School

Fall. 3(2-3) Sophomores.

Curriculum, skills, games, and rhythms.

#### 232. Rhythmic Form and Analysis

Spring. 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)

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, Summer. 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, Summer. 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.

#### 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.

<sup>1</sup>For men only.

**320<sup>1</sup>. Intramural Sports**

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

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

**321. Methods and Materials for Teaching Dance**

*Fall. 3(2-2) 232.*

Rhythmic form and analysis and its application in movement. Methods and materials, lesson planning, observations, and practical teaching experience with different age levels.

**321B. History of Dance**

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

321.

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<sup>1</sup>. 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<sup>1</sup>. Gymnastics**

*Fall, Winter, Spring. 4(2-6) 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.*

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.*

Continuation of 341.

**343. Techniques of Teaching Physical Activities**

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

Continuation of 342.

**344. Techniques of Teaching Physical Activities**

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

Continuation of 343.

**345. Techniques of Teaching Physical Activities**

*Fall, Spring. 3(1-6) 261, approval of department.*

Continuation of 344.

**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<sup>1</sup>. 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.

**379. Theory and Practice of Gymnastics**

*Spring. 2(1-3) May re-enroll for a maximum of 6 credits. Approval of department.*

**385. Advanced Contemporary Dance**

*Fall. 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; ED 327G concurrently.*

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. Areas and Facilities**

*Winter. 3(3-0)*

Materials on recreation facilities and areas; equipment standards; problems of maintenance, and purchasing of supplies; layout, design and construction of recreation and sports areas.

**405. The School Health Program**

*Fall. 4(4-0) 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**

*(335.) 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.

**410<sup>1</sup>. 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. 4(2-6)*

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.

**421<sup>1</sup>. 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**

*Spring. 3(3-0)*

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

**424. Problems in Education**

*Fall, Winter, Spring, Summer. 1 to 8 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) THR 142.*

Principles and methods involved. Practical experience in development and presentation of dance programs.

<sup>1</sup>For men only.

**445. Outdoor Education**

Fall, Spring. 3(3-0)

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.

**451. Neuromuscular Relaxation**

Fall, Summer. 3(1-6)

The muscular system viewed as a sensory mechanism responsive to stimuli of stretch and tension. Explanation of the widespread effects of neuromuscular tension on physical and mental activity.

**452. Survey of Rehabilitation and Therapeutic Care**

Fall. 3(2-3)

Designed for rehabilitation counselor trainees and teachers who are preparing to work in the field of special education. Includes numerous field trips to rehabilitation and special education facilities.

**471. Youth Serving Organizations**

Fall. 4(4-0) Sophomores.

Study of historical background, purposes and philosophy; organizational structure and administrative functions of youth organizations.

**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.

**805. Evaluation in Health, Physical Education and Recreation**

Fall, Summer. 3(2-3) Approval of department.

Application of statistical techniques to research problems in Health, Physical Education and Recreation.

**806. Sports and Society**

Winter, Spring, Summer. 3(3-0) Interdepartmental with the Sociology Department.

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 in Health, Physical Education and Recreation**

Fall, Summer. 3 credits.

**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, Summer. 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**

Fall, Summer. 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**

Spring. 3 credits.

Course for experienced teachers; deals with special problems found in teaching physical education.

**816. Motor Development**

Spring. 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 for Physically Handicapped Individuals**

Spring. 3 credits.

Working with blind, deaf, cardiac, and motor handicapped individuals. Study of physical and social implications of disability as it relates to physical education program and needs of individual; feasible activities; special methods.

**820. Principles of Conditioning in Athletics**

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

Conditioning or training for athletics. Diet and endurance, effects of oxygen inhalation on performance, effects of smoking and alcohol on performance, weight-lifting as a supplementary training technique, effects of warm-up, weight-making in athletics, attitude and performance, staleness.

**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**

Winter, Summer. 3(3-0) 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.

**825. Scientific Foundations of Physical Fitness**

Winter, Summer. 3(2-3) Approval of department.

Theory and methods of measuring physical fitness. Appraisal of physique, organic efficiency, and motor fitness and use of results in guidance.

**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.

**829. Supervision of Physical Education**

Winter, Summer. 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.

**842. Posture and Anthropometry**

Winter, Summer 3(2-3) Approval of department.

Posture, corrective exercise, and massage. Preparation for teaching individual gymnastics.

**850. Individual Study**

Fall, Winter, Spring, Summer. 2 to 8 credits.

**852. The Curriculum in Physical Education**

Spring of odd-numbered years. Summer. 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.

**889. Project in Health, Physical Education and Recreation**

Fall, Winter, Spring, Summer. 2 to 8 credits.

**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. Variable credit. Approval of department.

**950. Individual Study**

Fall, Winter, Spring, Summer. 2 to 12 credits.

**999. Research**

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