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 a measure of success, 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 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. 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 activities provides for survival, protection and safety, not only of the student, but also of others.

110. Gymnastics
Fall, Winter, Spring. 1(0-3) Contributing 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

121. Personal Health
Fall, Winter, Spring. 1(0-3) Development of understandings, attitudes and practices that are necessary for more healthful living. Provides background for teaching health to children.

122. Movement Perspectives
Fall, Winter, Spring. 1(0-3) Introduction to the profession of physical education.

123. Teaching Perspectives
Spring. 1(0-3) Descriptive analysis of activities in daily living, sports, and dance.

224. Swimming
Winter. 2(1-2) 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, Winter, Spring. 1(0-3) Sophomores. Curriculum, skills, games, and rhythmic activities.

232. Rhythmic Form and Analysis
Fall. 3(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. 2(1-3) Concurrently with 251; ANT 316. Techniques of analysis of human movement based upon mechanical principles.

260. Developmental Basis of Physical Activity
Fall, Winter, Spring. 1(0-3) 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(3-6) 251; 260 concurrently. The application of psychomotor principles to human movement.

300. Camp Counseling

303. Recreation and Youth Organization Programs
Winter. 3(2-3) 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 illness, 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 competition, techniques of various events and methods of training and evaluating candidates.

310. Cultural Analysis of Physical Activities
Fall, Winter. 3(3-6) Junior majors. Historical and sociological analysis of the development of physical education, sports, and dance, and their roles in current society.

For 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)
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.

325. 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.

339. Basketball
Fall, Spring. 2(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.

341. 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 antitoxins 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 stunts routines and safety measures in gymnastics.

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(1-0) 261, approval of department for competencies.
Continuation of 341.

343. Techniques of Teaching Physical Activities
Winter, Spring. 4(1-0) 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 3 credits.
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 combative 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(8-6) 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 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. Organisation and Administration of Community Recreation
Winter. 3(3-0) 370; 404; 492.

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. 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 counselors and secondary 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) 261, 342. Primarily for students intending to become coaches.
Advanced techniques in offensive and defensive strategies, 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
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(5-9) 307.
Analysis of well 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 programs, 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 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) Junior.
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.

455. Physical Education and Recreation for the Handicapped
Fall. 3(3-0) 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.

500. 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 old 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
Winter. 3(3-0) 240, 268 or approval of department.
Application of elementary inferential statistics to research problems in Physical Education.

805. Evaluation in Physical Education II
Spring. 3(3-0) 264 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; faculty, economy, government.

808. Research Techniques
Fall, Summer. 4(3-5)

810. Organization and Administration of Safety Education
Spring, Summer. 3 credits. 407.
Primarily for teachers, 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 other. 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(3-3) 452; ED 494, 449.
Application of research data and physical education principles 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, 3(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. 809 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 situation. 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(3-3) 830.
Familiarization of laboratory equipment, experimental design, 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 for 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(0-0)
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. 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.

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

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

903. Survey of the Ancient World
Fall, Winter, Spring. 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.

904. Survey of the Medieval World
Fall, Winter, Spring. 4(3-1)
A survey of political, economic, social, and religious developments in Western Europe from 500-1350, especially in Western Europe, but also in Byzantium and the Islamic World. For students of all disciplines wishing an introduction to the historiographical method.

905. Survey of Europe in Early Modern Period, 1550-1789
Fall, Winter, Spring. 4(3-1)
A survey of European developments in the era of the Renaissance, Reformation, Enlightenment and French Revolution. Emphasis on religious and dynastic struggle in the middle class and secularization of society. For students of all disciplines wishing an introduction to the historiographical method.

906. Survey of Modern Europe, 1780-1945
Fall, Winter, Spring. 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.

911. Union to Diunion America, The First Hundred Years
Fall, Winter. 4(3-0)
A study of the major problems confronting the new nation and its ramifications for American development; establishment of republican government, economic growth, westward expansion, reform movements, slavery, Civil War.

912. History of the United States: The Nation State
Fall, Winter, Spring. 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.

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.

213. 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 demobilization 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.

25A. 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.

Winter. 4(4-0) Approval of department.
Breadth outlines of American history. Course will help students develop intellectual and technical skills conducive to effective high school teaching.

25C. American History for Secondary Teachers: The United States as World Power, 1914 to Present
Spring. 4(4-0) Approval of department.
Breadth outlines of American history. Course will help students develop intellectual and technical skills conducive to effective high school teaching.