HEALTH, PHYSICAL EDUCATION AND RECREATION

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; athletics; individual, dual, and team sports; dance; and gymnastics.

106. Individual Sports
Fall, Winter, Spring. 10(3-0) 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. 10(3-0) 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, those activities are of special value to those whose present and future work is sedentary.

108. Team Sports
Fall, Winter, Spring. 10(3-0) This area emphasizes the continued development and improvement in self discipline and cooperation.

109. Aquatics
Fall, Winter, Spring, Summer. 10(3-0) Instruction in aquatics provides for survival, protection and safety, not only of the student, but also of others.

110. Gymnastics
Fall, Winter, Spring. 10(3-0) 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. 10(3-0) Beginning and intermediate folk, social and square dance techniques.

Professional Courses

Health Education—103, 316, 328, 331, 405, 407, 502, 810, 850, 889, 890, 985.


Recreation Education—201, 300, 303, 370, 490, 401, 402, 403, 404, 415, 422, 445, 471, 503, 850, 889, 990.

103. Personal Health
Fall, Winter, Spring. 30(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. 10(3-0) Introduction to Professional Education including: interpretation of curriculum, major and minor; examination of aims and objectives; professionalism; problems peculiar to the field; and discussion of job opportunities.

122. Movement Perspectives
Winter, Spring. 12(4-0) 181 or concurrently. Introduction to human movement or physical activity, kinesiological principles, analysis of fundamentals of conditioning; balance, work patterns, locomotor patterns, motor learning, throwing, spinning and twisting, and swimming.

123. Teaching Perspectives
Spring. 10(3-0) 122. Teaching physical education, focusing on developing abilities to analyze skills, understand individual differences in skill development through teaching individuals in a physical education class situation.

201. Social Recreation and Game Leadership
Spring. 2(3-3) 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.

211. Dance
Fall, Winter, Spring. 20(0-6) Approval of department for level II and higher. Gradation levels of ballet, modern, and jazz dance.

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. 3(2-3) 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) 261; 261 concurrently.
Analysis of sequential progression of fundamental motor skills—infancy through late childhood. Study physical, growth patterns and biological maturity as related to motor performance and social development. Opportunity to observe and teach motor skills to children aged 4½ through 12.

261. Psychomotor Basis of Physical Activities
Fall, Winter, Spring. 3(2-3) 261; 261 concurrently.
Application of learning theories and principles to the acquisition of motor skill learning; factors affecting skill acquisition; instructional considerations.

300. Camp Counseling
Spring. 3(2-3)

303. Recreation and Youth Organization Programs
Winter. 4(4-0) Sophomores.
Development and conduct of special recreation programs for 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) FSI 241, HPR 250 and 251.
Principles governing conditioning of men for various sports; different types of men; hygienic rules, study of weight sheets, massage; prevention of strain, symptoms and treatment; work and rest; prevention and treatment of injuries.

307. Football
Winter, Spring. 3(3-4) Majors or approval of department.
Equipment, conditioning, fundamentals, individual positions, offense, defense, signals, general strategy, and interpretations of rules.

309. Track and Field Athletics
Fall. 2(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) 316.
Knowledge and understanding of community health problems and needs. Special attention to various health organizations working toward solution of these problems.

321A. Methods of Teaching Dance
Fall, Winter, Spring. 3(2-2) Approval of department.
Experience in teaching dance; analyzing teaching methods and evaluation of these methods.

321B. History of Dance—Level I
Winter. 2(2-0) 111.
History of dance from primitive man to the year 1800. Various dance forms, cultures and philosophies.

321C. History of Dance—Level II
Spring. 2(2-2) 312B.
The history of dance from the year 1800 to the present. Various dance forms, philosophies and personalities.

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(3-4) 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 and Emergency Care
Fall, Winter, Spring. 3(3-4)
Methods of giving aid in case of accident or sudden illness; bandaging, splinting, hemorrhage control, resuscitation, simple antitoxins, transportation and extraction. American Red Cross First Aid Certificates are issued to those successfully completing course.

335. 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 gymnastics.

341. Techniques of Teaching Physical Activities
Fall, Spring. 2(0-6) Approval of HPR Advising Center.
Analyzing movement and production work utilizing a knowledge of music, rhythm, axial and locomotor movement, and fundamentals of choreography.

342. Techniques of Teaching Physical Activities
Fall, Spring. 4(1-9) 261, approval of HPR Advising Center.
Advanced teaching techniques, analysis of fundamentals and applications of kinesiological principles in basketball, field hockey, volleyball, softball, lacrosse, touch football, soccer, fencing, handball/paddleball, and personal defense.

343. Techniques of Teaching Physical Activities
Winter, Spring. 3(3-0) 261, and approval of HPR Advising Center.
Advanced teaching techniques, analysis of fundamentals and applications of kinesiological principles in badminton, bowling, gymnastics, judo and games.

344. Techniques of Teaching Physical Activities
Fall, Spring. 2(2-4) 261 and approval of HPR Advising Center.
Advanced teaching techniques, analysis of fundamentals and applications of kinesiological principles in scuba diving, golf, tennis, track and field.

345. Techniques of Teaching Physical Activities
Fall, Spring. 2(1-4) 240, 261, advanced swimming ability.
Analysis of teaching swimming with emphasis on applications of kinesiological principles as they apply to swimming—a minimum of 2 credits. W.S.I. Students may earn senior life saving certificate and water safety instructor's certificate.

346. Team Sport Officiating
Fall, Winter. 2(0-2) May re-enroll for a maximum of 2 credits. 344.
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 competitive 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(0-3) 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(3-6) Sophomore majors and juniors.
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 Modern Dance
Fall. 2(0-6) 113.
Development of technical ability and understanding of dynamics and energy in movement, with a strong emphasis on body alignment, efficiency of movement, control and endurance.

386. Advanced Modern Dance
Winter. 2(0-6) 365.
Strengthens the technical ability; develop a personal understanding of the body and its movement; cultivate the qualities of strength, endurance, flexibility and control.

387. Advanced Modern Dance
Spring. 2(0-6) 358.
Continuation of 386.

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) 360 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. Spring. 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.

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 administration 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. 3(3-0)
Safety problems in the home, school, and community; 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. Choreography — Level I
Spring. 2(1-3) 232, 211.
Basic understanding of dance choreography with emphasis on modern dance.

412. Choreography — Level II
Spring. 3(0-4) 411.
Dance choreography with emphasis on group 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(3-0) 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.

424. Selected Topics
Fall, Winter, Spring, Summer. 1 to 6 credits. May re-enroll for a maximum of 15 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(3-3) 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 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(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
Winter. 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.

501. Current Problems in Physical Education
Winter, Summer. 3 credits. Approval of department.
Recognizing, classifying and rating problems in physical education. Studying techniques and methods for solving problems. Selecting for study individual and group problems.

502. 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.

503. 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 and conditions that could lead to problems.

504. Evaluation in Physical Education
I
Winter. 3(3-0) 240, 608 or approval of department.
Application of elementary inferential statistics to research problems in Physical Education.

805. Evaluation in Physical Education
II
Spring. 5(3-4) 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. Organisation 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 biology, sociology, and psychology. Critical analysis of selected studies.

814. The Application of Psychology to Physical Education and Athletics
Fall. 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(3-2) 452; ED 424A, 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) 525 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.
<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Credits</th>
<th>Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>823</td>
<td>Mechanical Analysis of Physical Education Activities</td>
<td>3(3-0)</td>
<td>Spring</td>
</tr>
<tr>
<td>824</td>
<td>Somatic Foundations of Physical Activity I</td>
<td>3(3-0)</td>
<td>Fall</td>
</tr>
<tr>
<td>825</td>
<td>Somatic Foundations of Physical Activity II</td>
<td>3(3-0)</td>
<td>Winter</td>
</tr>
<tr>
<td>826</td>
<td>Somatic Foundations of Physical Activity Laboratory</td>
<td>3(3-0)</td>
<td>Fall or concurrently</td>
</tr>
<tr>
<td>827</td>
<td>Seminar in Physical Education</td>
<td>3(3-0)</td>
<td>Fall or concurrently</td>
</tr>
<tr>
<td>828</td>
<td>Laboratory Orientation</td>
<td>1(0-3)</td>
<td>Fall</td>
</tr>
<tr>
<td>829</td>
<td>Supervision of Physical Education</td>
<td>3(3-0)</td>
<td>Winter</td>
</tr>
<tr>
<td>830</td>
<td>Study of the Immediate and Chronic Effects of Physical Exercise</td>
<td>3(3-0)</td>
<td>Spring or concurrently</td>
</tr>
<tr>
<td>831</td>
<td>Theories in Motor Learning</td>
<td>3(3-0)</td>
<td>Fall</td>
</tr>
<tr>
<td>832</td>
<td>Motor Skill Learning</td>
<td>3(3-0)</td>
<td>Winter</td>
</tr>
<tr>
<td>833</td>
<td>Laboratory Orientation</td>
<td>1(0-3)</td>
<td>Fall</td>
</tr>
<tr>
<td>834</td>
<td>Experiments and Theoretical Issues in Motor Learning</td>
<td>3(2-3)</td>
<td>Spring or concurrently</td>
</tr>
<tr>
<td>835</td>
<td>Physical Education and Recreation for the Physically Handicapped</td>
<td>4(3-1)</td>
<td>Winter</td>
</tr>
<tr>
<td>836</td>
<td>Individual Study</td>
<td>3(3-0)</td>
<td>Fall</td>
</tr>
<tr>
<td>837</td>
<td>The Curriculum in Physical Education</td>
<td>3 credits</td>
<td>Spring</td>
</tr>
</tbody>
</table>

**Curriculum in Schools and Colleges**

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Credits</th>
<th>Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>890</td>
<td>Research</td>
<td>3(0)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
</tbody>
</table>

**HISTORY**

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Credits</th>
<th>Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>111</td>
<td>The Roots of European History</td>
<td>4(3-1)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>112</td>
<td>Maturing of European Civilization</td>
<td>4(3-1)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>113</td>
<td>Europe in the Modern Age</td>
<td>4(3-1)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>114</td>
<td>Union to Disunion America: The First Hundred Years</td>
<td>4(4-0)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>115</td>
<td>History of the United States: The Nation State</td>
<td>4(4-0)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>116</td>
<td>The United States in World Affairs</td>
<td>3(3-0)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>140</td>
<td>Introduction to the History of Japan</td>
<td>2(2-0)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
<tr>
<td>151</td>
<td>Introduction to the Study of History</td>
<td>2(2-0)</td>
<td>Fall, Winter, Spring, Summer.</td>
</tr>
</tbody>
</table>

**Notes:**
- The ancient world and early medieval Europe: origins and development of civilization in the ancient Near East, Greek and Roman civilizations; the collapse of Rome; the early Middle Ages.
- Europe from the twelfth to the eighteenth century: religion, science, statecraft; and society in their medieval synthesis, early modern expansion and renewal, and self-modernization in the Enlightenment.
- From the French Revolution to the present: industrial and democratic revolutions; nationalism, liberalism, and socialism; the rise of mass society; imperialism, war, and communism; totalitarianism; the warning of European supremacy.
- The 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.