

HEE - Health Enhancement

HEE 195 Pre-Practicum Class in Health Enhancement: 1 Credits (1 Lab)

() HEEN-BS majors only. Offered as needed based on student demand. K-12 Health Enhancement majors study teaching and standard-based education in an authentic physical education setting.

HEE 200 K-12 Motor Learning Development: 3 Credits (2 Lec, 1 Lab)

(Sp) Majors in HEEN-BS only. This course is designed to prepare health enhancement students with the skills and knowledge to teach developmentally appropriate motor learning development and behaviors to students in the K-12 setting. This class has a field experience component. One credit of lab translates to 20 - 30 hours of experience throughout the semester, per university policy. In this course, your lab time will be spent in the gym on campus and/or in school settings in the community.

HEE 205 Methods of Teaching Rhythms and Movement: 2 Credits (2 Lab)

(Sp) The development of content knowledge and the teaching skills of various types of rhythmic activities and the skills necessary for teaching rhythms and movement in the public/private school physical education environment. Emphasis will be on teaching progressions, management, and assessment strategies. This course is specifically for future teachers in the public schools.

HEE 242 Introduction to Teaching Health Enhancement: 2 Credits (2 Lec)

(F) This course will introduce students to the foundations of teaching health enhancement. Course content will include application of current theories, history and philosophy of health enhancement as well as effective teaching practices at both the elementary and secondary level. Repeatable up to 2 credits.

HEE 275 Curriculum and Design for Teaching Health Enhancement: 2 Credits (2 Lec)

PREREQUISITE: HEE 242. (Sp) This course includes assessments in health and physical education, with an emphasis on the development, construction, implementation evaluation and interpretation of various forms of traditional, alternative, and authentic forms of assessment. Also, curriculum design, and the instructional process and the identification of competency-based, goal-oriented activities appropriate to K-12 health enhancement

HEE 290R Undergraduate Research: 1-6 Credits (1-6 Other)

(F, Sp, Su) Directed undergraduate research which may culminate in a written work or other creative project. Course will address responsible conduct of research. May be repeated. Repeatable up to 99 credits.

HEE 295 Home School Program Practicum: 1 Credits (1 Lab)

(F, Sp) Instructional strategies with a practical application for prospective health enhancement teachers to prepare for a career in Health Enhancement. The course will examine the teaching process, classroom management, and health enhancement content that is developmentally appropriate for school aged children. Lectures and field experiences (on MSU's campus) are requirements of this class. Repeatable up to 3 credits.

HEE 303 Methods of Lifetime Fitness Activities: 2 Credits (2 Lec)

(F) The development of content knowledge and the teaching skills of various Individual sports and lifetime activities will be addressed. Emphasis will be on teaching progressions, management, assessment strategies and tournaments.

HEE 304 Methods of Team Sports: 2 Credits (2 Lec)

(F) The development of content knowledge and the teaching skills of various team sports will be addressed. Emphasis will be on teaching progressions, management, assessment strategies and tournaments.

HEE 305 Methods of Teaching Rhythms and Movement: 2 Credits (2 Lab)

() Majors in HEEN-BS only. Offered as needed based on student demand. Practice skills in music fundamentals; teaching and learning folk, square, social, and various types of rhythmic activities and movement exploration. This course is specifically for future teachers in the public schools.

HEE 306 Methods of Teaching Conditioning Activities: 3 Credits (3 Lec)

() Offered as needed based on student demand. Teaching practices for physical activity and fitness concepts appropriate for children and adolescents in school and recreational programs. Content includes pedagogical methods, strategies, styles, and techniques that encourage individuals to participate in and adhere to physical activity programs.

HEE 310 Methods of Adapted Health Enhancement: 3 Credits (3 Lec)

PREREQUISITE: KIN 221. (Sp) Health enhancement (physical education and health) issues for school-aged populations who have physical, mental, and/or emotional disabilities. This course is specifically for future teachers in the public schools

HEE 311 Teaching Cooperative Games and Fitness Activities: 2 Credits (2 Lab)

(Sp) This course focuses on both the content knowledge and pedagogical knowledge related to teaching Cooperative Games and Fitness Activities. Students will learn proper teaching progressions, rules, strategies and tournament play. In addition, traditional and authentic skill and tactical assessment are implemented.

HEE 340 Methods of Health Education: 3 Credits (2 Lec, 1 Lab)

PREREQUISITE: Junior standing. (F) Majors in HEEN-BS only. Curriculum design, planning and instruction, methods and strategies, and resource materials for teaching health in school and community settings. One credit of lab translates to 20 - 30 hours of experience throughout the semester, per university policy. In this course, your lab time will be spent in the gym on campus and/or in school settings in the community Repeatable up to 6 credits.

HEE 341 Methods of Teaching Secondary Health Education.: 3 Credits (2 Lec, 1 Lab)

PREREQUISITE: Junior standing (Sp) The course will examine the role of health teachers in the secondary classroom, community and as key leaders in contributing to the development and maintenance of a healthy and safe school and community environment for faculty, staff, parents and the community. Students will actively participate in group work and will have opportunities for peer teaching. The class is designed to provide health education content knowledge, pedagogy methodology and assessment strategies at the secondary level based on current theory and research. The course will introduce students to specific health education planning concepts and classroom teaching methods based on State and National Health education standards

HEE 360 Youth Movement Science: 3 Credits (3 Lec)

PREREQUISITE: KIN 221. (Sp) This course provides students with background knowledge in the sub-disciplines of Functional Anatomy, Biomechanics, Motor Development and Motor Learning. These are foundational areas of study that underlie all human movement. Understanding of the concepts in these areas is central to prospective health enhancement teachers and sport coaches to planning/designing and delivering developmentally appropriate learning/practice tasks. Motor Development concepts will be introduced around the developing body and that affects human movement. the use of developmental stages (notably in assessing movement performance in early stages of life - Ages 3-6). Students will also be introduced to basic concepts from the Motor Learning sub-discipline relevant to teaching, including feedback schedules, types of practice, and application of theory

HEE 430 Instructional Design in Health Enhancement: 3 Credits (3 Lec)

PREREQUISITE: CHTH 205, EDU 397, HEE 305, HEE 306, HTH 220 and upper division standing and acceptance into the professional teacher education program. (Sp) A conceptual and practical approach to the design, implementation, and maintenance of various curricula for future teachers

HEE 490R Undergraduate Research: 1-6 Credits (1-6 Other)

(F, Sp, Su) Directed undergraduate research which may culminate in a research paper, journal article, or undergraduate thesis. Course will address responsible conduct of research. May be repeated. Repeatable up to 12 credits.

HEE 491 Special Topics: 1-4 Credits (1-4 Lec)

Repeatable up to 12 credits.

HEE 492 Independent Study: 1-3 Credits (1-3 Other)

PREREQUISITE: Junior standing, consent of instructor, and approval of department head. (Sp) Directed research and study on an individual basis Repeatable up to 6 credits.

HEE 506 Exercise and Chronic Disease: 3 Credits (3 Lec)

PREREQUISITE: HEE 310, graduate standing. (Sp) Theory and practice in the effects of exercise on various diseases, disabilities, and atypical conditions

HEE 588 Professional Development: 1-3 Credits (1-3 Lec)

PREREQUISITE: Graduate standing, teaching experience and/or current employment in a counseling organization and consent of instructor. (Su) Courses offered on a one-time basis to fulfill professional development needs of in-service educators or counselors. A specific focus is given to each course which is appropriately subtitled. May be repeated Repeatable up to 3 credits.