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 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 2 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 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.