

# HEALTH AND PHYSICAL EDUCATION (HPED)

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## **HPED 318 Curriculum Development & Administration in Health & Physical Education 3**

This class will examine essential topics in the areas of developing curriculum and of administrating key elements with regard to Health and Physical Education for both regular and special education students. Knowledge gained in this class will enable each educator to be better prepared to plan, implement, and evaluate an effective program or facility for students on either the elementary or secondary level.

## **HPED 319 Inclusive Methods for Teaching School Health 3**

This class will examine essential topics in K-12 health education, including mental and emotional health, family and social health, growth and development, nutrition and physical activity in the context of the whole-school, whole-child approach to comprehensive health education. Students will learn to develop, deliver, and evaluate effective lessons in Health Education in inclusive classroom, with the focus on UDL and differentiated methods of health education assessment, lesson planning and lesson delivery. 10 hours of field experience required.

## **HPED 320A Individual and Dual Sports 2**

This course is designed to assist the pre-service health and physical education teacher with the knowledge and skills necessary to instruct, demonstrate, and assess activities that fall within the individual- and dual-sports classification system. The tactical concepts of teaching tennis, track and field, pickle ball, golf, badminton, bowling, and other individual or dual sports will be introduced. Teaching methodologies, skill presentation and progression, class organization, and management techniques will be introduced. Course will take place in-person over three Saturdays and also online.

## **HPED 320B Invasion Games 2**

This course is designed to assist the pre-service health and physical education teacher with the knowledge and skills necessary to instruct, demonstrate, and assess activities that fall within the invasion games classification system. The tactical concepts of teaching soccer, speedball, basketball, lacrosse, flag football, and other team sports will be introduced. Teaching methodologies, skill presentation and progression, class organization, and management techniques will be introduced. Course will take place in-person over three Saturdays and also online.

## **HPED 321 Methods of Adaptive Physical Education 3**

This course focuses on methods of physical education assessment and activity instruction and curriculum development that will meet the needs of individuals with disabilities. This course will provide pre-service teachers with relevant learning experiences toward the development, evaluation, and practical application of assessment strategies for K-12 physical education teachers, with a focus on students with physical, cognitive, social-emotional and behavioral disabilities. This course will examine the concept of Universal Design for Learning and methods of differentiated instruction in physical education, as well as the importance of implementing Positive Behavior Supports for K-12 students. 10 hours of Field Experience is required.

## **HPED 322 Contemporary Topics in Health and Physical Education 3**

This class will examine contemporary topics in K-12 health education, including physical health, addiction and abused substances, communicable and chronic diseases, public and environmental health, and safety in the context of the whole-school, whole-child approach to comprehensive health education. Students will learn to develop, deliver, and evaluate effective lessons in Health Education in inclusive classroom, with the focus on facilitating classroom discussions based on relevant research and current events.

## **HPED 332 Exercise Physiology for Health and Physical Education 3**

This course is designed to provide students with a solid knowledge of Exercise Physiology as it relates to fitness, performance and health. Topics include the history of exercise physiology, neuromuscular, metabolic, cardiovascular, pulmonary, and endocrine responses to exercise, the methods for improving exercise performance and special considerations that are specific to the science of exercise physiology. This course may be required for certification purposes, but will not count towards graduate degree requirements.

## **HPED 333 Introduction to Anatomy and Physiology For Health and Physical Education 3**

This course introduces students to the fundamental principles associated with the structure and function of the human body. The course will begin with a general introduction to anatomy and physiology, an overview of organic chemistry, a study of cellular and tissue structure and function, and then move on to survey each of the following eleven organ systems of the human body: integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive. Online laboratory experiences and exercises are incorporated which will provide the student with a deeper and practical understanding of the basic principles of human anatomy and physiology by using laboratory simulation software. This course may be required for certification purposes, but will not count towards graduate degree requirements.

## **HPED 334 Care and Prevention of Athletic Injuries 3**

This course is intended to provide the student with a learning experience in the recognition, prevention, and care of athletic injuries. Students will have the opportunity to learn the course material through a variety of techniques. These include: video lecture, online worksheets, discussion board, laboratory activities, and case studies. This course may be required for certification purposes, but will not count towards graduate degree requirements.

## **HPED 353 Outdoor Pursuits and Lifetime Leisure Skills 1**

Students will gain an appreciation and understanding of the wide variety of lifetime leisure activities, focusing on the outdoors and other emerging activities. Students will explore teaching techniques in traditional/ non-traditional activities to create greater inclusion opportunities for students. An understanding and use of effective techniques from the skills gained can be used in class, gym and non-traditional settings.

**HPED 354 Gymnastics Skills, Dance and Rhythmic Skills 1**

This course is designed to assist teachers with the knowledge and skills necessary to instruct, demonstrate, and assess activities that involve dance, rhythmic skills and elementary gymnastic skills. Genres of dance (line and four wall), social (cha-cha-cha, fox trot, polka, waltz), and square dance will be taught. Rhythmic and manipulative skills and elementary gymnastic skills will also be taught in a non-threatening manner. Teaching methodologies, skill presentation and progression, class organization, and safety procedures will be introduced. Students will analyze the most recent type of fitness/rhythmic trends to incorporate in their curriculum. The concept of curriculum mapping will be introduced. The goal of this class is to have students strive to improve their dance/movement skills and interpersonal relationships within a Christian world view perspective.

**HPED 419 Methods of Special, Health, and Physical Education Instruction 3**

This class will examine essential topics in the areas of developing, delivering, and evaluating effective lessons in Health and Physical Education for both regular and special education students. Knowledge gained in this class will enable each educator to be better prepared to plan, implement, and evaluate an effective lesson for his/her students on either the elementary or secondary level.

**HPED 422 Contemporary Topics of Special, Health, and Physical Education 3**

This class will examine contemporary topics in Health and Physical Education for both regular and special education students. Knowledge gained in this class will enable each educator to be better prepared to understand and respond effectively to relevant, current issues on both the elementary or secondary level. This knowledge will allow for better student interaction and increased success in program planning and implementation.

**HPED 518 Curr/Admin Developmental, Special HPE 3**

This class will examine essential topics in the areas of developing curriculum and of administrating key elements with regard to Health and Physical Education for both regular and special education students. Knowledge gained in this class will enable each educator to be better prepared to plan, implement, and evaluate an effective program for his/her students on either the elementary or secondary level.

**HPED 519 Methods of Special Hpe Instruction 3**

This class will examine essential topics in the areas of developing, delivering, and evaluating effective lessons in Health and Physical Education for both regular and special education students. Knowledge gained in this class will enable each educator to be better prepared to plan, implement, and evaluate an effective lesson for his/her students on either the elementary or secondary level.

**HPED 520A Individual and Dual Sports 2**

This course is designed to assist the pre-service health and physical education teacher with the knowledge and skills necessary to instruct, demonstrate, and assess activities with fall within the individual-and dual-sports classification. The tactical concepts of teaching tennis, track and field, pickle ball, golf, badminton, bowling, and other individual or dual sports will be introduced. Teaching methodologies, skill presentation and progression, class organization, and management techniques will be introduced. Course will take place in-person over three Saturdays and also online.

**HPED 520B Team Sports and Invasion Games 2**

This course is designed to assist the pre-service health and physical education teacher with the knowledge and skills necessary to instruct, demonstrate, and assess activities that fall within the invasion games classification system. The tactical concepts of teaching soccer, speedball, basketball, lacrosse, flag football, and other team sports will be introduced. Teaching methodologies, skill presentation and progression, class organization, and management techniques will be introduced. Course will take place in-person over three Saturdays and also online.

**HPED 521 Adaptive Methods for HPED 3**

This course focuses on methods of physical education assessment and activity instruction and curriculum development that will meet the needs of individuals with disabilities. This course will provide pre-service teachers with relevant learning experiences toward the development, evaluation, and practical application of assessment strategies for K-12 physical education teachers, with a focus on students with physical, cognitive and behavioral disabilities. This course will examine the concept of Universal Design for Learning and methods of differentiated instruction in physical education, as well as the importance of implementing Positive Behavior Supports for K-12 students. 10 hours of Field Experience is required.

**HPED 522 Contemporary Topics of Special, Health, And Physical Education 3**

This class will examine contemporary topics in Health and Physical Education for both regular and special education students. Knowledge gained in this class will enable each educator to be better prepared to understand and respond effectively to relevant, current issues on both the elementary or secondary level. This knowledge will allow for better student interaction and increased success in program planning and implementation.

**HPED 552 Fld Expierence: Indiv, Dual, Team Sports 1**

Explore coaching/teaching techniques in individual, dual and team traditional organized sports commonly practiced in North america to be used in competitive and non-competitive settings. an understanding and use of effective techniques from the skills gained can be used in class, gym and field settings.

**HPED 553 Fld Exp Outdoor Pursuits & Leisure Skill 1**

Students will gain an appreciation and understanding of the wide variety of lifetime leisure activities, focusing on the outdoors and other emerging activities. Students will explore teaching techniques in traditional/non-traditional activities to create greater inclusion opportunities for students. An understanding and use of effective techniques from the skills gained can be used in class, gym, field and non-traditional settings.

**HPED 554 Aerobics and Movement 1 and Rhythmic Skill 1**

Students will be able to demonstrate knowledge of current developments and teaching techniques in gymnastics, dance and rhythmic skills. An understanding and use of effective techniques from the skills gained can be used in class, gym, field and non-traditional settings.