

**Descriptions – Health and Physical Education  
of  
Courses**

**HEALTH AND PHYSICAL  
EDUCATION HPE**

(Name change effective September 1, 1981. Formerly the Department of Health, Physical Education and Recreation.)

**College of Education**

**Instructional Courses**

The program in physical education is designed to offer students an opportunity to test and evaluate themselves physically and, during their first term at the University, be guided in their choice toward activities in which they may achieve some measure of success, add to their physical well-being and develop a reasonable amount of skill which may promote participation in healthful activities throughout their entire lives. Classes are offered in the areas of body dynamics, aquatics, individual, dual, and team sports; dance; and gymnastics.

**104. Individual Sports**

(HPR 106.) Fall, Winter, Spring, Summer. 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**

(HPR 107.) 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**

(HPR 108.) Fall, Winter, Spring. 1(0-3)

This area emphasizes the continued development and improvement in self discipline and cooperation.

**109. Aquatics**

(HPR 109.) Fall, Winter, Spring, Summer. 1(0-3)

Instruction in aquatics provides for survival, protection and safety, not only of the student, but also of others.

**110. Gymnastics**

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

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**

(HPR 111.) Fall, Winter, Spring. 1(0-3)

Beginning and intermediate folk, social and square dance techniques.

**211. Dance**

(HPR 211.) Fall, Winter, Spring. 2(0-6)  
Approval of department for Level II and higher.  
Gradation levels of ballet, modern, and jazz dance.

**Professional Courses**

Physical Education—120, 130, 140, 151, 152, 153, 232, 240, 245, 246, 252, 253, 260, 261, 306, 310, 316, 321A, 321B, 321C, 328, 342, 343, 344, 345, 349, 350, 351, 352, 353, 354, 355, 357, 358, 359, 360, 371, 372, 385, 386, 387, 390, 403, 404, 405, 406, 407, 411, 412, 415, 418, 424, 425, 436, 440, 441, 442, 443, 445, 452, 490, 491, 800, 802, 804, 805, 809, 810, 812, 816, 817, 818, 819, 823, 824, 825, 826, 831, 832, 835, 836, 842, 844, 846, 850, 853, 854, 858, 860, 863, 864, 865, 867, 869, 875, 879, 882, 884, 885, 889, 899, 950, 984, 985, 999.

Health Education—120, 316, 328, 405, 407, 810, 812, 850, 889, 985.

**120. Personal Health**

(HPR 103.) Fall, Winter, Spring. 3(3-0)

Development of understandings, attitudes and practices that are necessary for more healthful living. Provides background for teaching health to children.

**125. First Aid and Emergency Care**

(HPR 331.) Fall, Winter, Spring. 3(3-0)

Knowledges and skills relative to: legal liability, wounds, shock, respiratory disorders and artificial respiration, cardiac disorders and cardiopulmonary resuscitation, burns, fractures, poisoning, drug overdose, emergency childbirth, transportation techniques, extrication techniques and environmental emergencies.

**130. Professional Perspectives**

(HPR 121.) Fall, Winter. 1(0-2)

Introduction to Physical Education including: interpretation of curriculum, major and minor; explanation of aims and objectives; professionalism; problems peculiar to the field; and discussion of job opportunities.

**140. Methods and Materials of Physical Education**

Fall, Winter, Spring. 1 to 6 credits.  
May reenroll for a maximum of 18 credits. A student taking this course for the first time must register for 6 credits. The number of credits in each subsequent enrollment must equal the number of activities to be covered during the term. Approval of department.

Skills and knowledges related to various physical activities are covered as competencies for future teaching. The abilities of each student are evaluated and individual attention is given to identified deficiencies.

**151. Outdoor Education Activities**

(HPR 151.) Fall. 2(0-4)

Knowledge and appreciation of outdoor education skills for seasonal use—backpacking, camping, rifle and shotgun.

**152. Outdoor Education Activities**

(HPR 152.) Winter. 2(0-4)

Knowledge and appreciation of outdoor education skills for seasonal use—cross country skiing, ice fishing, skin diving, snowshoeing.

**153. Outdoor Education Activities**

(HPR 153.) Spring. 2(0-4)

Knowledge and appreciation of outdoor education skills for seasonal use—canoeing, casting, orienteering, and survival.

**232. Rhythmic Form and Analysis**

(HPR 232.) Fall. 2(1-3)

Fundamental rhythms and application to movement and accompaniment. Rhythmic studies and rhythmic approach to composition.

**240. Measurement in Physical Education**

(HPR 240.) Winter. 4(3-2) HPE 140; 1 year high school algebra.

The basis of measurement techniques for use in school physical education programs.

**245. Functional Analysis of Physical Activity I**

(HPR 245.) Fall. 2(1-3) ANT 216 or concurrently; PSL 240 concurrently; one year high school algebra; HPE 240 for HPE majors.

An extension of PSL 240 to include information relevant to exercise and training applications. Immediate, chronic, and residual effects of physical activity regimens are presented. Exercise prescription is emphasized.

**246. Functional Analysis of Physical Activity II**

(HPR 246.) Winter. 2(1-3) HPE 245; concurrently with PSL 241.

An extension of PSL 241 to include information relevant to exercise and training applications. Immediate, chronic, and residual effects of physical activity regimens are presented. Exercise prescription is emphasized.

**252. Structural Analysis of Physical Activity**

(HPR 252.) Winter, Spring. 3(2-3) ANT 216.

Techniques of the analysis of human movement based upon body structure and muscular action.

**253. Mechanical Analysis of Physical Activity**

(HPR 253.) Fall, Spring. 4(3-2) ANT 216; one year high school algebra.

Techniques of analysis of human movement based upon mechanical principles.

**260. Development Basis of Physical Activity**

(HPR 260.) Fall, Spring. 3(3-0) HPE 246; HPE 252; HPE 253.

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 4-1/2 through 12.

**261. Psychomotor Basis of Physical Activities**

(HPR 261.) Fall, Spring. 3(3-0) HPE 246.

Application of learning theories and principles to the acquisition of motor skill learning; factors affecting skill acquisition; instructional considerations.

**306. Athletic Training**

(HPR 306.) Fall, Spring. 3(2-3) HPE 246; HPE 252 or concurrently; HPE 253 or concurrently.

Principles governing conditioning of athletes for various sports; different types of athletes; hygienic rules, study of weight sheets, massage; prevention of staleness, symptoms and treatment; work and rest; prevention and treatment of injuries.

**310. Cultural Analysis of Physical Activities**

(HPR 310.) Spring. 3(3-0) Sophomores; HPE 240.

Historical and sociological analysis of the development of physical education, sports, and dance, and their roles in current society.

- 316. Community Health Problems**  
(HPR 316.) Winter, Spring, Summer. 3(3-0) HPE 120.  
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**  
(HPR 321A.) 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**  
(HPR 321B.) Winter of odd-numbered years. 2(2-0) HPE 211.  
History of dance from primitive times to the year 1800. Various dance forms, cultures and philosophies.
- 321C. History of Dance**  
(HPR 321C.) Spring of odd-numbered years. 2(2-0) HPE 321B.  
The history of dance from the year 1800 to the present. Various dance forms, philosophies and personalities.
- 328. School Health Problems**  
(HPR 328.) Fall, Winter. 3(3-0) HPE 120.  
Health problems of school-age children. Special attention to school health services and healthful school living.
- 342. Techniques of Teaching Physical Activities I**  
(HPR 342.) Fall. 4(1-9) HPE 140, HPE 260, HPE 261; demonstrated competence in skills and knowledges related to basketball, gymnastics, softball, swimming, track and field.  
Advanced teaching techniques, analysis of fundamentals and application of kinesiological principles in basketball, gymnastics, softball, swimming, and track and field.
- 343. Techniques of Teaching Physical Activities II**  
(HPR 343.) Winter. 2(1-3) HPE 140, HPE 260, HPE 261; demonstrated competence in skills and knowledges related to dance (folk, social, square) and volleyball.  
Advanced teaching techniques, analysis of fundamentals and application of kinesiological principles in dance (folk, social, square) and volleyball.
- 344. Techniques of Teaching Physical Activities III**  
(HPR 344.) Spring. 2(1-3) HPE 140, HPE 260, HPE 261; demonstrated competence in skills and knowledges related to golf, soccer, and tennis.  
Advanced teaching techniques, analysis of fundamentals and application of kinesiology principles in golf, soccer and tennis.
- 345. Water Safety Instructor**  
(HPR 345.) Fall, Winter, Spring. 2(1-4) Senior Life Saving Certificate.  
Analysis of teaching swimming with application of kinesiological principles as they apply to swimming. Students can earn Red Cross W.S.I. Certification.
- 349. Baseball Coaching**  
(HPR 410, HPR 349.) Fall. 3(2-3) Majors, minors or approval of department.  
Fundamentals and proper methods of fielding each position; qualifications for positions; teamwork and strategy; study of rules; techniques of officiating.
- 350. Basketball Coaching**  
(HPR 329, HPR 350.) Fall. 3(2-3) Majors, minors or approval of department.  
History and techniques; fundamentals; equipment; treatment of injuries; methods of training; coaching; rules and various types of offense and defense; and techniques of officiating.
- 351. Field Hockey Coaching**  
(HPR 351.) Spring of odd-numbered years. 3(2-3) Majors, minors, or approval of department.  
Coaching of skills and strategies, training and conditioning procedures, purchase and maintenance of equipment, rules, and officiating techniques.
- 352. Football Coaching**  
(HPR 352.) Winter. 3(2-3) Majors, minors or approval of department.  
Equipment; conditioning; fundamentals; individual positions; offense; defense; signals; generalship, strategy; interpretation of rules; and techniques of officiating.
- 353. Golf Coaching**  
(HPR 353.) Fall of odd-numbered years. 3(2-3) Majors, minors, or approval of department.  
Coaching of skills and strategies, training and conditioning procedures, purchase and maintenance of equipment, rules and officiating techniques.
- 354. Gymnastics Coaching**  
(HPR 354.) Spring. 3(2-3) Majors, minors or approval of department.  
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 gymnasium. Techniques of officiating.
- 355. Softball Coaching**  
(HPR 355.) Fall. 3(2-3) Majors, minors or approval of department.  
Coaching of skills and strategies, training and conditioning procedures, purchase and maintenance of equipment, rules and officiating techniques.
- 357. Tennis Coaching**  
(HPR 357.) Fall of even-numbered years. 3(2-3) Majors, minors, or approval of department.  
Coaching of skills and strategies, training and conditioning procedures, purchase and maintenance of equipment, rules, and officiating techniques.
- 358. Track and Field Coaching**  
(HPR 309, HPR 358.) Fall. 3(2-3) Majors, minors 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. Techniques of officiating.
- 359. Volleyball Coaching**  
(HPR 359.) Winter. 3(2-3) Majors, minors or approval of department.  
Coaching of skills and strategies, training and conditioning procedures, purchase and maintenance of equipment, rules, and officiating techniques.
- 360. Wrestling Coaching**  
(HPR 360.) Spring of odd-numbered years. 3(2-3) Majors, minors or approval of department.  
Equipment, conditioning, fundamentals, strategy, rules and officiating of wrestling.
- 371. Advanced Basketball Coaching**  
(HPR 371.) Winter. 3(2-3) HPE 350.  
Advanced techniques in offensive and defensive strategy, equipment, training personnel, scouting, and officiating.
- 372. Advanced Football Coaching**  
(HPR 372.) Spring. 3(2-3) HPE 352.  
Analysis of best known offensive and defensive systems. Modern techniques of training, game strategy, scouting, and officiating.
- 385. Advanced Modern Dance**  
(HPR 385.) Fall. 2(0-6) HPE 211.  
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**  
(HPR 386.) Winter. 2(0-6) HPE 385.  
Strengthen 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**  
(HPR 387.) Spring. 2(0-6) May reenroll for a maximum of 4 credits. HPE 386.  
Understanding of the movement principles of Humphrey technique; increased kinesthetic awareness; understanding of movement patterns; improvement in the efficiency, effectiveness, awareness and performance of the dancer.
- 390. Supervised Teaching—Content Areas**  
(HPR 390.) Fall, Winter, Spring, Summer. 1 to 3 credits. May reenroll for a maximum of 6 credits. Approval of department.  
Clinical experience teaching in various content areas.
- 403. Fieldwork in Health or Physical Education**  
(HPR 403.) Fall, Winter, Spring. 1 to 8 credits. May reenroll 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 and physical education programs.
- 404. Facility Planning and Construction**  
(HPR 404.) 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**  
(HPR 405.) 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.

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- 406. Advanced Athletic Training**  
(HPR 406.) Spring. 3(2-3) HPE 306.  
Organization and administration of athletic training programs including injury prevention, management and rehabilitation. Special problems in training and game equipment and facilities are reviewed.
- 407. Safety Education**  
(HPR 407.) Fall, Winter. 3(3-0)  
Safety problems in the home, school, and community; safety education programs in the elementary, junior and senior high schools.
- 411. Choreography I**  
(HPR 411.) Spring of odd-numbered years. 2(1-3) HPE 232; HPE 211.  
Basic understanding of dance choreography with emphasis on modern dance.
- 412. Choreography II**  
(HPR 412.) Spring of even-numbered years. 2(0-4) HPE 411.  
Dance choreography with an emphasis on group choreography.
- 415. Curriculum and Administration in Physical Education**  
(HPR 415.) Winter, Spring, Summer. 5(4-3) T E 470.  
Administrative principles and the development of the physical education curriculum in schools.
- 418. Intramural Sports**  
(HPR 418.) 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.
- 424. Selected Topics**  
(HPR 424.) Fall, Winter, Spring, Summer. 1 to 6 credits. May reenroll for a maximum of 9 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.
- 425. Proseminar**  
(HPR 425.) Winter, Spring. 2(2-0) HPE 342; HPE 490 or concurrently; HPE 491 or concurrently.  
Philosophical positions, method and function applied to professional practice in the field of physical education.
- 436. Dance Production**  
(HPR 436.) Spring. 3(2-3) Approval of department.  
Principles and methods involved. Practical experience in development and presentation of dance programs.
- 440. Developmental Basis of Motor Skills**  
(HPR 440.) Fall, Winter, Spring. 3(2-3)  
Not open to physical education majors or coaching minors.  
Emphasizes the developmental sequence of fundamental motor skills and the influence of physical growth and biological maturation on motor development.
- 441. Physical Education in the Elementary School**  
(HPR 441.) Fall, Winter. 2(0-6) HPE 260, HPE 261 or HPE 440.  
Curriculum, skills, games, and rhythms.
- 442. Transitional Motor Activities**  
(HPR 442.) Winter, Spring, Summer. 2(0-6) HPE 141, HPE 142, HPE 144, HPE 145, HPE 146, HPE 441.  
Low organizational and lead-up activities to team sports for elementary school children. Selection and presentation of activities; development of activity sequences.
- 443. Methods and Materials for Elementary School Physical Education**  
(HPR 443.) Spring. 2(0-6) HPE 441; not open to physical education majors or coaching minors.  
Knowledge of rules, strategies and expandable equipment; development of minimum levels of skill in basketball, folk-square-social dance, gymnastics, soccer, softball, swimming, track and field, touch football, volleyball.
- 445. Outdoor Education**  
(HPR 445.) Fall, Spring. 3(3-0) Juniors.  
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.
- 452. Physical Education and Recreation for the Handicapped**  
(HPR 452.) Fall, Winter, Spring. 3(2-3) HPE 260, HPE 261 or HPE 440; HPE 310; T E 322 or T E 305 or concurrently.  
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.
- 480. Principles of Coaching**  
(HPR 480.) Spring. 5(5-0) HPE 246; HPE 252 or concurrently; HPE 253 or concurrently. Not open to Physical Education majors.  
Coach and athlete in the areas of administration, growth and development, motor skill acquisition, philosophy, psychology and sociology.
- 490. Cadet Teaching-Motor Development**  
(HPR 490.) Fall, Winter, Spring, Summer. 1(0-3) HPE 125 or concurrently; HPE 342 or HPE 442; HPE 441; HPE 452.  
Provides a laboratory experience in teaching fundamental motor skills to children of early childhood, elementary and middle school ages. Emphasis is placed on the sequential order of skill progressions.
- 491. Cadet Teaching-Remedial Motor**  
(HPR 491.) Fall, Winter, Spring, Summer. 1(0-3) HPE 125 or concurrently; HPE 342 or HPE 442; HPE 441; HPE 452.  
A practical teaching experience involving the assessment of gross motor dysfunction and development of prescriptive programs in a laboratory instructional situation.
- 800. Seminar in Health and Physical Education**  
(HPR 827.) Winter, Spring. 1(1-0) May reenroll for a maximum of 6 credits in master's program. HPE 802.  
Research seminar for master's and doctoral candidates. Primary attention given to the review of students' theses and research problems.
- 802. Research Techniques**  
(HPR 808.) Fall, Summer. 5(3-6)
- 804. Evaluation in Physical Education I**  
(HPR 804.) Winter. 3(3-0) HPE 240, HPE 802 or approval of department.  
Application of elementary inferential statistics to research problems in Physical Education.
- 805. Evaluation in Physical Education II**  
(HPR 805.) Spring. 5(3-6) HPE 804 or approval of department.  
Application of advanced inferential statistics to research problems in physical education with emphasis on computer usage.
- 809. Analysis of Professional Literature**  
(HPR 813.) Fall, Spring. 2(2-0) Approval of department.  
Outstanding professional literature in health and physical education and of the related fields of physiology, psychology, sociology and others. Critical analysis of selected studies.
- 810. Organization and Administration of Safety Education**  
(HPR 810.) Spring of even-numbered years. 3 credits. HPE 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.
- 812. Current Problems in Health Education**  
(HPR 802.) Spring of odd-numbered years. 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.
- 816. Motor Development**  
(HPR 816.) Fall. 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.
- 817. Motor Skill Acquisition in Early Childhood**  
(HPR 817.) Winter. 3(3-0) HPE 440 or HPE 816.  
Reflexes, reactions and patterns of motor behavior in children between the ages of two and seven years. Experiences include development of curricula in motor skills for children of specific ages.
- 818. Compensatory and Remedial Motor Education**  
(HPR 818.) Spring. 3(3-0)  
Identification and education of children with gross motor dysfunction. Screening for motor deficits, diagnostic testing, prescriptive program planning and evaluation of existing programs.
- 819. Motor Skill Learning**  
(HPR 830.) Winter. 3(3-0)  
Research and theory of learning and performance applied to gross motor skills. Emphasis on the neuromuscular and cybernetic bases of motor skill acquisition.
- 823. Laboratory Orientation**  
(HPR 828.) Fall. 1(0-3)  
Laboratory techniques with emphasis on maintenance, calibration and operation of laboratory instruments.

- 824. Somatic Foundations of Physical Activity I**  
(HPR 824.) Fall. 3(3-0)  
Study of the immediate and chronic effects of physical exercise.
- 825. Somatic Foundations of Physical Activity II**  
(HPR 825.) Winter. 3(3-0) HPE 824.  
Continuation of HPE 824.
- 826. Somatic Foundations of Physical Activity Laboratory**  
(HPR 826.) Spring. 2(1-3) HPE 825.  
Laboratory course based on the subject matter of HPE 824 and HPE 825.
- 831. Sports and Society I**  
(HPR 806.) Spring of even-numbered years. 3(3-0)  
The role of sport in the lives of its participants from a sociological perspective. The major topics of discussion will focus on the female athlete, the male athlete, and the coach.
- 832. Sports and Society II**  
(HPR 807.) Spring of odd-numbered years. 3(3-0)  
Sport as an institution from a sociological perspective at the macro level. The focus will be on the interrelationships between sport and such social systems as politics, economics, entertainment and religion.
- 835. The Application of Psychology to Physical Education and Athletics I**  
(HPR 814, HPR 835.) Fall. 3(3-0).  
Sport psychological research findings in the areas of motivation, feedback, reinforcement, expectations and modeling.
- 836. The Application of Psychology to Physical Education and Athletics II**  
(HPR 836.) Winter. 3(3-0)  
Social psychology of sport. Research findings in the areas of aggression, attitude development and personality. Moral development and sports socialization.
- 842. Orientation to Physical Education and Recreation for the Handicapped**  
(HPR 809.) Fall. 1(1-0) Master's students with emphasis in Physical Education and Recreation for Handicapped.  
Basic terminology, fundamental values, overview of special populations. Exposure to settings, services, resources and professionalism in physical education and recreation for the handicapped. Overview of systems approach to master's curriculum.
- 844. Physical Education and Recreation for the Mentally Handicapped**  
(HPR 819.) Winter. 3(2-3) HPE 452, CEP 460A.  
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.
- 846. Physical Education and Recreation for the Physically Handicapped**  
(HPR 840.) Spring. 3(2-3) HPE 251, HPE 260.  
Physical education and recreation therapy of the physically handicapped with problems concerned with cerebral palsy, paraplegics, amputees, cardiac, diabetic, asthmatic and low level physical fitness conditions.
- 850. Individual Study**  
(HPR 850.) Fall, Winter, Spring, Summer. 1 to 6 credits. May reenroll for a maximum of 6 credits. Approval of department.
- 853. Biomechanical Analysis of Physical Activity I**  
(HPR 837.) Winter. 3(2-2) Approval of department.  
Study of mechanical and anatomical characteristics of physical skills through the use of such investigative and research tools as visual observation, still photography, stroboscopic photography and high speed cinematography.
- 854. Biomechanical Analysis of Physical Activity II**  
(HPR 838.) Spring. 3(2-2) HPE 853 or approval of department.  
Study of mechanical and anatomical characteristics of physical skills through the use of such investigative and research tools as electromyography, electrogoniometry, force recording devices and multiple instrumentation systems.
- 858. Philosophy of Physical Education**  
(HPR 822.) Spring. 3 credits.  
Studies of the philosophy of physical education and athletics.
- 860. Administration of Physical Education in Schools and Colleges**  
(HPR 860.) Fall, Summer. 3(3-0)  
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.
- 863. Systems Approach to Program Planning**  
(HPR 832.) Winter. 3(3-0) HPE 842 or approval of department.  
Principles and practices related to systems apparatus, accountability models and innovative planning techniques in curriculum and program planning. Systems applied to design of physical education and recreation programs for handicapped.
- 864. Evaluation of Systems Designed Programs**  
(HPR 833.) Spring. 3(3-0) HPE 863 or approval of department.  
Content and design of evaluation plans for physical education and recreation programs for the handicapped using systems approaches. Consideration of psychometric tools; basic research, evaluation and measurement techniques.
- 865. Training and Consultation Techniques**  
(HPR 842.) Fall. 3(2-2) HPE 842, HPE 863, HPE 864 or approval of department.  
Techniques in staff training, workshops and consultation for professionals in physical education and recreation for the handicapped. Assessment of training needs, preparation of materials, delivery and evaluation.
- 867. The Curriculum in Physical Education**  
(HPR 852.) Spring. 3 credits.  
Principles and content of physical education curricula in schools and colleges.
- 869. Supervision of Physical Education**  
(HPR 829.) Winter. 3(3-0) Approval of department.  
Techniques of supervision and their application in improving the teacher-pupil learning situations. Problems met by supervisors in elementary and secondary schools with class participation in solving them.
- 875. Special Aids in Physical Education**  
(HPR 815.) Winter. 3 credits.  
Course for experienced teachers; deals with special problems found in teaching physical education.
- 879. Internship**  
(HPR 879.) Fall, Winter, Spring, Summer. 3 to 9 credits. May reenroll 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.
- 882. Seminars on Health and Physical Education**  
(HPR 882.) Fall, Winter, Spring. 1 to 5 credits. Approval of department.  
Seminars in various fields of emphasis.
- 884. Directed Laboratory Experience**  
(HPR 884.) Fall, Winter, Spring. 2 to 5 credits. May reenroll for a maximum of 9 credits except in combination with HPE 879. Students receiving credit in HPE 879 are limited to combined total of 6 credits in HPE 884 and HPE 885. Approval of department.  
Supervised laboratory experience for master's candidates.
- 885. Directed Field Experience**  
(HPR 885.) Fall, Winter, Spring. 3 to 9 credits. May reenroll for a maximum of 9 credits except in combination with HPE 879. Students receiving credit in HPE 879 are limited to a combined total of 6 credits in HPE 884 and HPE 885. Approval of department.  
Supervised field experience in schools and other institutions for master's candidates.
- 889. Project in Health and Physical Education**  
(HPR 889.) Fall, Winter, Spring, Summer. 2 to 6 credits. May reenroll for a maximum of 6 credits. Approval of department.  
Satisfies departmental required option. Proposal must be reviewed by faculty Review Board.
- 899. Master's Thesis Research**  
(HPR 899.) Fall, Winter, Spring, Summer. 1 to 9 credits. May reenroll for a maximum of 9 credits. HPE 804 or concurrently; approval of department.
- 950. Individual Study**  
(HPR 950.) Fall, Winter, Spring, Summer. 2 to 12 credits.
- 984. Directed Laboratory Experience**  
(HPR 984.) Fall, Winter, Spring. 2 to 15 credits. Doctoral candidate; approval of department.  
Supervised laboratory experience for doctoral candidates.

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**985. Directed Field Experience**  
(HPR 985.) Fall, Winter, Spring. 3 to 15 credits. Doctoral candidate; approval of department.

Supervised field experience in schools and other institutions for doctoral candidates.

**999. Doctoral Dissertation Research**  
(HPR 999.) Fall, Winter, Spring, Summer. Variable credit. Approval of department.

**HEBREW**

See Linguistics and Germanic, Slavic, Asian and African Languages.

**HISTORY**

**HST**

**College of Arts and Letters**

**111. The Roots of European History (A)**  
Fall, Winter, Spring, Summer. 4(3-1)

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.

**112. Maturing of European Civilization (A)**  
Fall, Winter, Spring, Summer. 4(3-1)

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.

**113. Europe in the Modern Age (A)**  
Fall, Winter, Spring, Summer. 4(3-1)

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.

**121. Union to Disunion: America, The First Hundred Years (A)**  
Fall, Winter, Spring, Summer. 4(4-0)

Inquiry into the major problems confronting the new nation and their consequences for American development; establishment of republican government, economic growth, westward expansion, reform movements, slavery, Civil War.

**122. History of the United States: The Nation State (A)**  
Fall, Winter, Spring, Summer. 4(4-0)

Nature of American history since 1877. Through a combination of readings, lectures and discussions, the student derives some understanding of both facts and meaning of history, and methodology of the historian.

**123. America in Crisis: A Case History**  
Spring. 4(4-0)

Intensive study of one critical episode in modern American history, focusing on documentary evidence. Major themes include the expansion of corporate capitalism, workers' culture, and political reform.

**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.

**140. Introduction to the History of Japan**  
Fall. 4(4-0)

Introduction to the main events of Japanese history.

**151. Introduction to the Study of History**  
Fall, Winter, Spring. 3(3-0) Open only to Freshmen and Sophomore history majors.

Intensive study of a major piece of historical writing in a variety of contexts to introduce majors to the discipline and to prepare them for extensive work in the Department of History.

**231. American Biography**  
Winter. 4(4-0)

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 democratization 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.

**249. American Urban History**  
Fall. 4(3-0) Interdepartmental with and administered by James Madison College.

The evolution of cities, from the Industrial Revolution. Particular stress will be placed upon the processes of urbanization, and upon the social, economic, and political aspects of American urban history.

**IDC. Introduction to Contemporary China**  
For course description, see Interdisciplinary Courses.

**IDC. Contemporary Japan**  
For course description, see Interdisciplinary Courses.

**284. Immigration, Assimilation and Pluralism**  
Spring of odd-numbered years. 4(3-0) Interdepartmental with and administered by James Madison College.

The dynamics of immigrant group integration in American history and the implications of the immigrant experience for the creation of a diversified American social structure and nationality.

**286. The African Experience**  
Fall, Spring. 4(4-0)  
Highlights of the main events in African history from prehistoric times to the present. Designed for those who seek general knowledge of Africa and for others who wish to enter the HST 392 sequence.

**293. The Far East: Its Peoples and Cultures**  
Fall, Winter, Spring. 4(4-0)  
Highlights of historical developments of China, Korea and Japan, their cultural similarities and dissimilarities, and their contemporary issues and problems.

**298. History of the Natural Sciences Since 1500**  
Winter. 4(4-0)

The nature of scientific discoveries. Development of modern science. Scientific paradigms and the case-history method used to study development of the natural sciences in their social and intellectual contexts.

**300H. Honors Colloquium—History as an Intellectual Discipline**  
Fall. 4(4-0) Approval of department.

Basic methods and techniques of historical research for honors students intending to do an honors thesis. Treatment of philosophical issues connected with historical studies.

**301. United States Constitutional History**  
Fall. 4(4-0)

Development of the main themes in the American constitutional system, from the colonial period through the Civil War. Emphasis on the formation of the Constitution, the role of the Supreme Court, and the secession crisis.

**302. United States Constitutional History**  
Winter. 4(4-0)

Continuation of HST 301. American constitutionalism since 1865. Functioning of the constitutional system under the strains of reconstruction, industrialism and urbanism, nationalism and war. Postwar trends in liberty and equality. The Supreme Court and the modern Presidency.

**306. History of American Foreign Policy**  
Fall. 4(4-0)

Foundations of American foreign policy: neutralism, the Monroe Doctrine, expansionism, emergence of the United States as a great power.

**307. History of American Foreign Policy**  
Fall, Winter, Spring. 4(4-0)

The United States as a great power: change and continuity in the twentieth century.

**308. American Foreign Policy and East Asia**  
Spring. 4(4-0)

A history of the relations between Americans and East Asians from the American Revolution to the war in Vietnam. Emphasis will be placed on American policy toward China and Japan since 1898.