

HPE Major Course Descriptions

HPE 212 - Foundations of Health and Physical Education

The basic physiological, psychological, and sociological principles and historical foundations.

HPE 223 - Applied Kinesiology I - Anatomy, Physiology & Biomechanics

HPE 354 - Lifetime Sport & Physical Activity I

Methods, materials, and skills used in teaching sports: badminton, tennis and pickle-ball.

HPE 364 - Lifetime Sport & Physical Activity II

HPE 256 - Physical Education Pedagogy

Foundational pedagogy course designed to develop knowledge of

effective student learning strategies, instructional methods, and assessment techniques for physical education.

HPE 255 - Mental and Emotional Health for Teachers and Their Students

Strategies to properly and effectively manage emotional health and stress for K-12 teachers and their students.

Comprehensive health education including a philosophy and strategies for teaching comprehensive health education, and study of selected topics related to personal and community health problems.

HPE 325 - Pedagogy & Prevention of Risky Behaviors K-12

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