

Selected Course Descriptions

COMMUNITY HEALTH

CHTH 391-901

Stress Management (3 credits)

This course covers the main topics associated with stress management as it relates to health education. Students will learn to understand the stress response and how it connects to the human body. Students will also become familiar with the current knowledge of stress reduction and related techniques. Topics include mind/body connection, mindfulness, autogenics, meditation and yoga.

EDUCATION

MSU-Northern has partnered with Virtual Education Software, inc. to offer 20 continuing education courses for K-12 educators *online*. These interactive courses are designed to be run online from a reliable, stable, *unlimited* high-speed internet connection to provide expert instruction at a pace that fits your schedule. VESi courses are now tablet-compatible, making it easy for you to recertify anytime, anywhere with reliable, stable online access. To view these course descriptions and for further information, please go to

www.msun.edu/distance/cb.html

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VESi courses make it easy to recertify. All courses are now tablet compatible for your convenience.



HEALTH AND PHYSICAL EDUCATION

HPE 391/591-101

2017 Fundamentals of Lights Basketball (2 credits)

This workshop will provide excellent information, in a camp setting as well as a classroom setting, regarding all aspects of a successful basketball program based on building, preparing, and playing as a TEAM. Several elements of defense, offense, pre-season, in-season, and post-season training/practice sessions will be examined. It is an excellent way for potential or current coaches to learn our techniques/tools for applying the TEAM philosophy when presenting fundamental basketball skills/techniques to individuals, as well as groups.

HPE 391/591-102

2017 Individual and Team Volleyball Skills (1 credit)

This camp/class is designed to learn how to teach players at all skill levels in grades 9-12. Focus will be on how to teach

fundamental individual and team drills and how to implement them into practices. Students will learn how concentrated skill work is done by position with the focus on advanced skills as they relate to that specific position on the court. Repetitive and detailed skill training will be done so that students will be able to apply what they have learned to help advance their players' skills and their strategic understanding of that position. Students will also observe players in volleyball games in a tournament format that will help improve their overall knowledge of on court play.

HPE 391/591-103

2017 Lights Football Individual and Team Coaching Skills (1 credit)

This workshop will provide students and coaches to acquire basic fundamentals in the coaching of football to athletes enrolled in junior high or high school. Individual techniques in all phases of the game, as well as team concepts, will be taught during these three days. Camp will be divided into younger and older age groups to ensure the best learning experience for all. Camp is non-contact.

HPE 391/591-104

2017 Skylights Individual and Team Basketball Skills (2 credits)

This instructional workshop is designed for students who would like to coach basketball in the future. It is ideal for students who want to get a better understanding of the game with hands-on coaching drills of fundamental techniques and strategies for the sport of basketball in a camp setting. Emphasis will be placed on proper execution individual and team skill concepts that will be presented throughout individual camp sessions.

KINESIOLOGY

KIN 391-901

Sport and Exercise Nutrition (3 credits)

This course provides an overview of both the theory and practice of proper nutrition for sport and human performance. Students will learn aspects of food selection and fluid intake related to improved physical performance. Principles and applications from exercise science and nutrition will merge in this course so students can design a complete theory-based nutritional program for themselves and/or future clients.

MATHEMATICS

M 191-901

Contemporary Mathematics (4 credits)

This course is designed to meet the general education mathematics requirement for the liberal arts major. It surveys some of the important ideas and practical applications in mathematics and uses various mathematical skills to solve real problems. Topics include problem solving, financial math, mathematical modeling (linear and quadratic), and elementary statistics.

PSYCHOLOGY

PSYX 391-901

Biopsychology (3 credits)

This course introduces students to the biological foundations of behavior. The course is organized into four units: (1) the neural foundations of behavior, (2) motivation and emotion, (3) sensory systems, and (4) complex behavior. Topics include nervous system organization, drugs and addiction, movement, learning and memory, psychological disorders, and sleep and consciousness.

TRAFFIC EDUCATION

TED 452-901

Traffic Education and the Adolescent Brain (3 credits)

This is an introductory course to neuroeducation (or mind/brain education) that incorporates cognitive neuroscience, cognitive psychology, and education, and specifically explores how the adolescent mind/brain functions and relates these to traffic education. The emphasis will be on developing a practical understanding how the mind/brain systems work and making practical applications of that knowledge in designing traffic education lessons for young drivers. In respect to the brain, adolescence is considered as being from about ages 10-27 years.

TED 455-901

Crash Dynamics (2 credits)

The purpose of this course is to increase teacher candidates' understanding of the causes, effects, and dynamics of motor vehicle crashes. Teacher candidates will be introduced to crash scene analysis and reconstruction, including the forces involved and mechanisms of injury to people and vehicles, an analysis of vehicle damage and injury profiles, and applicable statutes. The course requires practical applications of mathematics and physics. **PLEASE NOTE: This course will meet face-to-face on July 26 & 27 from 8:00 am-5:00 pm at the Great Falls College MSU in Room B108 located at 2100 16th Avenue South.**

TED 456-901

Coaching Novice Drivers (2 credits)

This course will develop foundational understanding of theoretical and philosophical principles of coaching as well as practical coaching skills as they apply to the driving task. The course emphasizes how specific coaching and training techniques can be used to safely and effectively scaffold novice drivers from a classroom learning context to a behind-the-wheel learning context and ultimately to an independent real world driving context. The metacognitive skills required for self-awareness, self-evaluation, and self-development will be stressed.

TED 461-901

Methods of Traffic Safety Education (3 credits)

This is a foundational course for the preparation of teachers in the field of traffic safety. Students will be introduced to the history and philosophy of traffic safety. The emphasis will be on the classroom instruction phase of traffic safety in the high school program, including methods, materials, organization, content, and driver task analysis. University students will practice delivery of classroom theory lessons to their peers.

TED 462-101 & 102

Methods of Behind-the-Wheel Instruction (3 credits)

This is a foundational course for the preparation of teachers in the field of traffic safety. The emphasis will be on the behind-the-wheel phase of traffic safety education in the high school program including methods and application of content knowledge and skills. University students will practice behind-the-wheel lessons with their instructor and peers as well as deliver supervised behind-the-wheel lessons to high school students.

TED 465-901

Motor Vehicle Law (2 credits)

This course is designed to give driver education teachers and other interested individuals a more complete understanding of motor vehicle code and ordinances and the basic principles of their enforcement.

TED 468-901

Safety Education (2 credits)

This course will study the basic principles of safety education including personal safety, public safety, traffic safety and occupational safety with particular emphasis on school safety. Topics will include unintentional injury prevention, behavior and environmental modification strategies, OSHA standards and guidelines, and the development of safety programs.



To view a one-page listing of the Traffic Ed courses offered this summer, please visit <http://msun.edu/distance/traffic.html> & select TE Course Schedule.

*To view catalog course descriptions for academic courses, please visit www.msun.edu & select 'Catalogs' under the Academics tab.

SUMMER 2017 COOPERATIVE EDUCATION OFFERINGS

Cooperative Education is scheduled for May 8 through August 11 and can be taken for 1 to 12 credits. Most disciplines include cooperative education courses numbered 298 or 498. Authorization for Enrollment and Learning Objectives need to be approved by your Faculty Advisor, College Dean, and Career Center Director. For more information, please see the following page or call the Career Center in Havre at (406) 265-4198 or visit www.msun.edu/career/co-ops.aspx.