

UMSL | Education

Summer 2020

Promoting Healthy and Active Students



*Summer 2020 plans now out the window? **Spend it online with us!***

Maintaining a healthy and active lifestyle is important for sustaining the health of our future. Get a jump start to developing inclusive health and physical education curriculum and programming by diving into our innovative courses.

Why Choose UMSL Education

Convenient 4-week and 8-week courses designed and taught by experienced faculty who are leaders in their fields

Opportunity to work on your own curriculum with supportive instruction for adapting to online formats

Choose UMSL for Flexible Learning

UMSL offers high-quality online instruction thoughtfully developed and taught by expert faculty and supported by professional staff in the Center for Teaching and Learning and the Office of eLearning. UMSL has been ranked first in Missouri in U.S. News & World Report's online bachelors degree program rankings the past three years.

Ready to get started? **Take the next step and contact our education advisors today:**

ShaQuina White (K-12 Phys. Ed.):
shaquinawhite@umsl.edu

Ellen Duncan (BES Program):
duncane@umsl.edu

No additional online course fee for Summer 2020. Visit umsl.edu/cashiers for tuition and other fee rates.

Schedule of Classes

Hlth PE 3380: Introduction to Nutrition for Health & Human Performance

May 18 - June 13; 3 credits

Curious in how humans can best maintain healthy lifestyles? Learn the importance of nutrition and exercise as it relates to food sources, energy intake and expenditure, fluid and electrolyte balance, and ergogenic aids. Students will investigate strategies to maintaining a healthy weight and body composition in order to lay the foundation for a healthy future.

Hlth PE 3432: Teaching Health and Physical Education in Elementary Schools

May 18 - June 13; 3 credits

Want to learn best practices for developing inclusive programs to promote healthy and active children? This course covers health and physical education programs in elementary schools. Emphasis is given to the teacher's roles and responsibilities as they relate to the content and services found in the coordinated school health program.

**Offered through the Outreach Program at St. Charles Community College and St. Louis Community College - Meramec.*

Phy Ed 2136: Facilities Management

May 18 - June 13; 3 credits

Interested in operating your own recreational facility one day? This course will introduce the process of designing and maintaining facilities typically found in recreational environments. Students will learn management theories, risk management, facility maintenance, and operation and administration of various recreational facilities.