

COURSE OUTLINE **Introduction to Physical Education**

Course Description

PE 120. Introduction to Physical Education. 3 hours credit. This course will enable the student to understand the basic principles of health and physical education including philosophy, theory, practice, and history.

Course Relevance

The concepts learned in this course will allow the student to survey this field of study as a teaching career in physical education. This Introduction to Physical Education course also provides the student with the opportunity of awareness with the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being.

Required Materials

Siedenstop, D. *Introduction to Physical Education, Fitness, and Sport* (7th ed.).
New York, NY: McGraw Hill.

Learning Outcomes

The intention is for the student to be able to:

1. Demonstrate an understanding of the benefits of sport and fitness through the development of a plan of health-enhancing behaviors.
2. Utilize the principles of health, fitness and physical education.

Learning PACT Skills that will be developed and documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Personal Development Skills

1. Personal management
 - Through a written essay, the student will demonstrate effective personal choices with regard to self-concept, health, time, change and other self-management health issues

Analytical Thinking Skills

1. Critical thinking
 - Through a written essay, the student will identify how to apply the principles of theory of physical education into practice as a teacher within the classroom setting

Communication Skills

1. Reception and interpretation of messages
 - Through an oral presentation, the student will accurately interpret, evaluate and respond to explaining the benefits of specific sport and fitness activities

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Completing written essays which demonstrate the student's analysis of principles of applying physical education theory in the classroom (A outcome) and the application of lifestyle changes (P outcome) that would improve health and maintain well-being.
2. Delivering an oral presentation of the benefits of a specific fitness activity (C outcome).

Course Content

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
 - A. Physiology, kinesiology, and motor behaviors
 - B. Sport psychology
 - C. Sport sociology

Learning Units

- I. History of physical education
 - A. Defining physical education
 - B. Historical comparisons – Greece, Rome, modern Europe and the United States
- II. Principles of physical education
 - A. Objectives, goals and curriculum
 - B. Construction of indoor and outdoor facilities
- III. Components of physical education
 - A. Physiology
 - B. Kinesiology
 - C. Biomechanics
- IV. Current issues in competitive athletics
 - A. Psychology
 - B. Sociology

Learning Activities

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through lecture, instructor-led discussion, audio-visual aids, guest speakers, group activities, internet activities, and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: daily activity class participation; term projects, Kansas Kid's Fitness Day participation, and other methods of evaluation employed at the discretion of the instructor.