

## **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.

#### **Required Materials**

PE 120 Textbook:

Siedenstop, D. (2004). Introduction to Physical Education, Fitness, and Sport (5th 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 and understanding of the principles of fitness and physical education

#### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Health Management
  - Through the analysis of the benefits of a fitness lifestyle, the student will engage in the practical application concepts of developing an awareness of the components of health (emotional, physical, social, and intellectual) through the development of a plan for health-enhancing behaviors
2. Historical Interpretation
  - Through the survey of health and physical education, the student will interpret human behavior and events in the topic's historical context of the past, present, and future in this field

Secondary skills (developed but not documented):

Self-Concept  
Critical Thinking  
Reading  
Field-Related Technology

### **Major Summative Assessment Task(s)**

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Completion of a writing assignment which demonstrates application of physical education theory and identification of important aspects of physical fitness being offered in the educational setting

### **Course Content**

- I. Themes – Key recurring concepts that run throughout this course:
  - A. History of the profession
  - B. Sport, fitness and physical education
- II. Issues – Key issues that will be addressed in this course:
  - A. Realities of current educational climate to physical education funding
  - B. Changing philosophies
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Importance of fitness lifestyles
  - B. Specialization, pedagogy and future prospects
- IV. Skills / 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. Lifespan of sport, fitness, and physical education
  - A. Youth through the older adult
  - B. History of the profession
  - C. Specialization
  - D. Changing philosophies
- II. Sport
  - A. Concepts, programs and professions
  - B. Problems and issues
  - C. Fitness
  - D. Problems and issues
- III. Physical education
  - A. Concepts
  - B. Programs and professions
  - C. Problems and issues
- IV. Study of sport, fitness and physical education
  - A. Physiology, kinesiology and motor behavior
  - B. Sports psychology and sociology

## C. Pedagogy

### V. Future problems and prospects

#### **Learning Activities**

Independent and collaborative learning activities will be assigned within and outside the college classroom to assist the student in achieving the intended learning outcomes. Class discussion, lectures, audio-visual aids, group activities, reading assignments, guest speakers and internet activities will also contribute to the learning process.

#### **Grade Determination:**

The student will be graded on completion of assessment tasks, class participation, out-of-class assignments, examinations, term projects and other methods of evaluation at the discretion of the instructor.