

I. COURSE DESCRIPTION:

Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 200
Course Title: Introduction to Physical Education and Kinesiology
Units: 3
Lecture: 3 Hours
Prerequisite: None

Catalog Description:

A formal introduction into the heritage, programs, philosophies, and potential careers in physical education and kinesiology. Emphasis is on describing and assessing this multifaceted field and the career potential it offers. An understanding of how the philosophies and programs of physical education evolved is stressed.

Schedule Description:

A formal introduction into the heritage, programs, philosophies, and potential careers in physical education and kinesiology.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS:

Upon successful completion of the course, the student will be able to:

- A. Discuss the nature of contemporary physical education and sport and show how it has evolved during the past four decades.
- B. Clarify the relationship between the discipline and the profession of physical education and sport.
- C. Develop a personal philosophy of physical education.
- D. Discuss the goals and objectives of physical education.
- E. Describe the purposes and the importance of assessment in physical education.
- F. Understand the changing demographics of the United States and their implications for physical education.
- G. Show the relationship between movement concepts, fundamental movement skills, and specialized game, sport skills, dance, and fitness activities.
- H. Trace the history of physical education from earliest times to the present.
- I. Discuss recent developments in physical education.
- J. Define the term biomechanics and indicate its relationship to kinesiology.
- K. Describe some of the techniques used to analyze motion.
- L. Define exercise physiology and understand the importance of exercise physiology to the practitioner.
- M. Explain the principles and guidelines for designing fitness programs.
- N. Discuss the nature and scope of sport.
- O. Show how sport is a socializing force in the American culture.
- P. Identify and give illustrations of cognitive, affective, and psychomotor types of learning.
- Q. Describe the psychological benefits of participation in sport and physical activities.
- R. Identify career opportunities in physical education.
- S. Self-assess strengths, interests, goals, and career preferences.
- T. Describe the qualities of an effective teacher and his or her responsibilities.
- U. Describe the various employment opportunities for a fitness instructor or an exercise specialist.
- V. Define the role of physical education professionals in attaining the specific fitness and exercise goals delineated in the report "Healthy People 2000."
- W. Discuss how the changing nature of education and technological advances will influence physical education in the future.
- X. Show how physical education professionals can establish jurisdiction over their own domain.

IV. CONTENT:

- A. Nature and scope of Physical Education
 - 1. Meaning and Philosophy
 - 2. Objectives
 - 3. Role of Physical Education in society and education
 - a. Changing demographics
 - b. Wellness movement
 - c. Movement
 - d. Educational Reform
- B. Foundations of Physical Education
 - 1. Historical Foundations
 - a. Ancient Nations
 - b. United States
 - c. Recent Developments
 - 2. Biomechanical Foundations
 - a. Biomechanics and Kinesiology
 - b. Human Motion
 - c. Biomechanical analysis
 - 3. Exercise Physiology and Fitness
 - a. Fitness Development
 - b. Health Fitness Components
 - c. Conducting Fitness Programs
 - d. Physical activity recommendations for good health
 - 4. Sociological Foundations
 - a. Sociology of Physical Education
 - b. Sport in the American culture
 - c. Concerns in Physical Education today
 - 5. Psychological Foundations
 - a. Learning
 - 1. Cognitive
 - 2. Affective
 - 3. Psychomotor
 - b. Psychology of Sport and Exercise
 - 1. Psychological benefits of physical activity.
 - 2. Exercise and adherence
 - 3. Self-attitudes and Body Image
 - 4. Intervention Strategies
- C. Careers and Professional Considerations in Physical Education
 - 1. Career and Professional Development in Physical Education
 - a. Professional Organizations
 - 2. Teaching and Coaching Careers in the Physical Education and Sport
 - a. The teaching profession
 - b. Teaching responsibilities
 - c. Teaching careers
 - d. Coaching careers
 - e. Coaching responsibilities
 - 3. Fitness and Health Related Careers
 - a. Health-related careers
 - b. Therapy-related careers
 - c. Increasing your professional marketability
 - 4. Physical Education careers in management, media, performance, and other areas.
 - a. Athletic administration
 - b. Director of Intramurals and Campus Recreation
 - c. Director of Corporate Fitness
 - d. Careers in Media

- D. Issues, Challenges, and the Future of Physical Education
 - 1. Issues in physical education
 - 2. Teaching values
 - 3. Leadership
 - 4. The Growing Field
 - 5. Challenges
 - a. High-quality daily physical education
 - b. Achievement of National health
 - c. Lifespan involvement for all people
 - 6. Future of Physical Education
 - a. Societal trends
 - b. Preparing for the future
 - c. Establishment of jurisdiction over our Domain.

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Discussion
- C. Projects
- D. Guest speakers
- E. Videos/film

VI. TYPICAL ASSIGNMENTS:

- A. Read text and other sources on physical education/kinesiology careers.
- B. Give oral presentation on personal teaching philosophy.
- C. Discuss in groups the role sport in America has on Physical Education/Kinesiology.
- D. Based on readings and class discussions, discuss the body's energy and movement systems as they relate to physical activity.

VII. EVALUATION(S):

- A. Methods of Evaluation:
 - 1. Written examinations
 - 2. Quizzes
 - 3. Class projects
 - 4. Papers
 - 5. Participation
- B. Frequency of Evaluation:
 - 1. Minimum of two (2) examinations (objective or essay)
 - 2. Minimum of three (3) class projects
 - 3. Quizzes as deemed appropriate throughout the semester
- C. Typical exam questions:
 - 1. List four possible career paths in the area of physical education.
 - 2. Physical education development of specific historical context. Compare the historical developments with present day developments and show core similarities.

VIII. TYPICAL TEXT(S):

Siedentop, Daryl, Introduction to Physical Education, Fitness and Sport, 5th ed. McGraw-Hill, 2003
Wuest and Bucher, Foundations of Physical Education and Sport, WCB McGraw-Hill, 1999.
Freeman, WH, Physical Education and Sport in Changing Society, 6th ed. Pearson, Addison, Wesley, 2000

VIII. OTHER SUPPLIES REQUIRED OF STUDENTS: None