Date submitted: 11/21/07 Date approved: 05/14/07

Department and Course Number: PE 1010

Title of Course: Varsity Athletics

Number of credits: Lecture 1 Lab

Catalog/Course Description:
A course for those interested in participating in a varsity sport. It provides the fundamentals, rules and strategies of the sport. It may be repeated for a max of two credits per sport.

List Course Prerequisites (including placement for success)
None.

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to participate in practices, meetings, games, and complete the season.

Relationship of proposed course to the department mission and goals
Promote a healthy life style for the college through sports. Promote team play. Develop a knowledge, interest, and skills which enables participation in sport and fitness.

Is this an MnTC Course (if yes, complete MnTC competency goal area(s) and documentation sheet). No

Course goals:
Goal: To demonstrate proper technique.
Goal: To understand the rules of the game.
Goal: To develop the abilities necessary to play the game.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)
   State a minimum of two assessment instruments for each learning outcome.

Outcome: To demonstrate during play the ability to execute:
   - Skills of the game
   - Strategies of the game

   Assessment: Self-Assessment
   Assessment: Game Play during season

Outcome: To identify and understand terminology, rules, and sportsmanship of the game.

   Assessment: Self-Assessment
   Assessment: Skills Test

Course content:
(Provide an outline of major topics covered in course)

Overview:
   - Rules
   - Sportsmanship
   - Strategies
   - Skills

Fitness Techniques:
   - Running
   - Weightlifting
   - Nutrition

Implementation of the skill in a game situation
Lecture and practice of the skills needed for the sport

Placement for Success prerequisites: (See instruction sheet)

Reading: English/Writing: Math:
Placement for Success prerequisite
Check one of each area--English, reading, and math

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