

# Fond du Lac Tribal and Community College

## COURSE OUTLINE

Date submitted: 11/21/07 Date approved:

Department and Course Number: PE 1083

Title of Course: Introduction to Physical Education

Number of credits: Lecture 2

Catalog/Course Description:

A study of the history, philosophies of selected leaders, and present trends in physical education. Additional emphasis will be concerned with professional preparation and problems of leadership.

**Placement for Success prerequisites:** (See instruction sheet)

Reading: Level 1 English/Writing: Math:

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

Textbook: Text is pending selection at the time course is offered.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Students will become familiar with professional journals available in the library.

### Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor. Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Relationship of proposed course to the department mission and goals:

This course develops skills necessary to evaluate a career in physical education. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to evaluate a career in the field of physical education.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

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 identify and appropriately use terminology of the field of physical education.

Assessment: Written exam

Assessment: Self assessment

Outcome: To demonstrate sound principles in planning a career in physical education.

Assessment: Self assessment

Assessment: Individualized program chart

Assessment: Journal entries

Outcome: To articulate the variety of knowledge in the areas of discipline in physical education.

Assessment: Written exam

Assessment: In class presentation

Outcome: To articulate the role of physical education and sport in the fitness of America.

Assessment: Self assessment

Assessment: Journal entries

Assessment: In class presentation

Course content:

(Provide an outline of major topics covered in course)

- Definition of physical education and sport
  - Purpose
  - Objectives
  - Allied fields
- Philosophies of physical education
  - Five traditional philosophies
  - Ethics
  - Development of personal philosophy
- Physical education and sport as an academic discipline
  - Applied sciences
  - Related fields
- Physical education and sport as a profession
  - The debate of a profession versus a discipline
  - National Organizations
    - American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
    - American College of Sports Medicine (ACSM)
    - Affiliated organizations
  - Professional preparation programs
- Selecting a career pathway
  - Factors influencing career choices
  - Career opportunities
    - Traditional
    - Non-traditional
  - Requirements for careers
    - Educational background
    - Related experiences
- Historical Perspectives
  - Early cultures
  - European heritage
  - Early American influence
    - Physical activities in the colonies
    - Gymnastic programs
    - Amateur sports
    - Collegiate sport
    - Normal schools of preparation
  - Twentieth-century influence

- Leaders in the profession
- Intramurals
- Amateur versus collegiate sports
- Women's athletics
- Recreation
- Fitness
- Federal legislation
- Issues, trends, and the future
  - Changes in school's physical education
  - Accreditation standards and evaluation
  - Legal liability
  - Research trends
  - Recreation and leisure services
  - Girls and women in sports
  - Equality for diverse populations
  - Athletics and business partnerships
  - International sports
  - The aging population
  - Environmental concerns

Placement for Success prerequisite  
 Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X