COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2270: Introduction to Physical Education

A. CATALOG DESCRIPTION
1. Credits: 2
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): ENGL 0990
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course is designed to introduce the student to professional fields of physical education. Study will include history, philosophy, objectives, career opportunities, scientific and scholarly disciplines, allied fields, future problems and prospects.

B. DATE LAST REVISED (Month, year): March, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
1. History of sport fitness and physical education
2. Philosophies of sport, fitness and physical education
3. Objectives for sport, fitness and physical education
4. Role of sport, fitness and physical education in society and in education
5. Basic concepts of sport, fitness, and physical education
6. Sport, fitness and physical education programs and professions
7. Problems and issues in sport, fitness and physical education
8. Scholarly study of sport, fitness, and physical education
9. Future problems and prospects in allied fields, sport, fitness and physical education

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Define the following specialized areas of study within the discipline of sport, fitness, and physical education: Sport sociology, biomechanics, sports medicine, exercise physiology, sport history, sport pedagogy, sport psychology, motor learning, sport management, adapted physical education, sport philosophy, sport literature.
2. Justify the need for sport, fitness, and physical education by developing a meaningful philosophy of sport, fitness and physical education.
3. Understand the historical overview of sport, fitness and physical education.
4. Discuss the institutionalization of sport.
5. Describe the twentieth-century emergency of the new physical education.
6. Describe the umbrella profession of physical education.
7. Analyze the emergence of sport, fitness, and physical education.
8. Define the concept of play, sport and competition.
9. Analyze how sport became institutionalized.
10. Describe the aesthetic values of sport.
11. Discuss sport ethics.
12. Describe the dimensions of the sport culture.
13. Analyze youth sport, interscholastic sport, and intercollegiate sport.
14. Discuss issues related to coaching in youth, interscholastic, and intercollegiate sport.
15. Analyze the various ways in which sport is organized and implemented from youth sport to professional sport.
16. Analyze the manner in which cooperation and competition are important to good sport participation.
17. Discuss major issues related to children’s and youth sport, interschool sport, and intercollegiate sport.
18. Analyze equity issues in sport at all levels.
19. Describe different sport systems.
20. Define what is sport, fitness, and physical education.
21. Describe the socioecological view of fitness.
22. Distinguish among and explain the anaerobic, lactic-acid, and aerobic energy systems.
23. Describe the overload, progressive change, and recovery principles.
24. Distinguish between and explain health fitness and motor-performance fitness.
25. Discuss the differences between endurance and strength training.
26. Describe the major features of endurance and strength training.
27. Analyze fitness as part of lifestyle and its costs and benefits to society.
D. LEARNING OUTCOMES (GENERAL): Continued. The student will be able to:
28. Discuss the role of certification in the fitness industries.
29. Analyze fitness norms and standards.
30. Describe the role in fitness in aging populations and physical education.
31. Discuss the future of research on fitness.
32. Discuss definitions of physical education.
33. Analyze education through the physical and multiactivity programs.
34. Discuss movement education, fitness models, disciplinary studies, sport education, social development, and adventure education.
35. Analyze the influence of liability, Title IX, and Public Law 94.142 on School Physical Education.
36. Discuss the effects of a prospects for high quality, daily physical education.
37. Evaluate the various state requirements and their influence on programs.
38. Discuss the roles played by a physical educator.
39. Discuss the components of teacher education.
40. Analyze issues related to time allotment, specialist teachers, and facilities in physical education.
41. Analyze issues related to class size, heterogeneity of skill levels, and co-ed teaching in secondary physical education.
42. Discuss the role of physical educator as a school subject.
43. Analyze equity and liability issues in teaching.
44. Explain how exercise physiology emerged and what its traditional focus as been.
45. Describe what an exercise physiologist does.
46. Describe the preparation for clinical and scientific careers in exercise physiology.
47. Discuss current problems and issues in exercise physiology.
48. Differentiate between the fields of kinesiology and biomechanics.
49. Describe the preparation for entering the fields of kinesiology and biomechanics.
50. Discuss current problems and issues in the field of kinesiology and biomechanics.
51. Differentiate among the fields of motor learning, control and development.
52. Describe the preparation for entering the field of motor learning, control and development.
53. Analyze current problems and issues in the field of motor learning, control and development.
54. Describe the preparation for entering the field of sport sociology.
55. Discuss current problems and issues in sport sociology.
56. Describe the preparation for entering sport psychology.
57. Describe the current problems and issues in sport psychology.
58. Describe the preparation for entering sport pedagogy.
59. Discuss problems and issues in sport pedagogy.
60. Describe the preparation for entering sport history, sport philosophy, and sport literature.
61. Discuss problems and issues in sport history, sport philosophy, and sport literature.
62. Distinguish among the fields of health, recreation, and dance.
63. Describe the occupational prospects in physical education, recreation, dance, and health.
64. Describe the preparation for entering health, recreation, physical education, and dance.
65. Discuss problems and issues within health, physical education, recreation and dance.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Written examinations
2. Paper
3. Speaker/video/articles summaries
4. Participation

G. SPECIAL INFORMATION (if any): None