SECTION HEADING

PHED 1101: Foundations of Health, Physical Education, Exercise Science, & Sport

Description

Foundations of Health, Physical Education, Exercise Science, & Sport provides an introduction to the history, philosophy, objectives, and principles of health, physical education, exercise science and sport. Topics included will be career opportunities and preparation; professionalism including attitudes; ethics, and organizations. This course designed is for persons who plan to major or minor in Health, Physical Education, Exercise Science, or Sport.

Credits

3

Prerequisite

None

Corequisite

None

Topics to be Covered

1. History of Physical Education, Health, and Sport

2. The effects of Physical Education, Health and Sport has on society

3. Understanding motor learning and the effects of motor movement

4. Career Opportunities within the field

5. Sport and Recreational ethics, attitudes, and organizations.

Learning Outcomes

1. Define the role of Physical Education, Health and Sport in our society.

2. Describe and explain the sociological implications of Physical Education, Health and Sport.

3. Define motor behavior, motor development, motor control and motor leaning applications to learning a motor skill.

4. Identify events that served as a catalyst for the growth of Physical Education, Health and Sport.

5. Describe and explain the history of Physical Education, Health and sport from the earliest times to present.

6. Develop a personal philosophy of Physical Education, Health and sport.

7. Identify and formulate objectives for Physical Education, Health, and Sport.

8. Identify the issues and challenges in the field of Physical Education, Health and Sport.

9. Describe and explain the differences and similarities between Physical Education and Coaching.

Credit Details

Lecture: 3

Lab: 0

OJT: 0

MnTC Goal Area(s): None