

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Introduction to Physical Education Submitted By: Tom Stackpool
Semester Course Prefix and Number: PHED 1489 Approval Date: November 2005
Old Quarter Course Prefix and Number: None Revision Date:
Number of Credits: 3 Number of Lecture Credits: 3
Semester(s) Offered: Number of Lab Credits: Number of Lab Hours: 0
Class Size: 30 Number of Studio/Demonstration/Internship Credits:
Negotiated by AASC on
(Date)___

Course Purpose Code:

- _____ 0 – Developmental Courses
- _____ 1 – Non-transferable, General Education
- _____ 2 – Technical course related to career programs
- _____ 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- X 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- _____ 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- _____ 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This course will present an introduction to the history and philosophies of physical education. A critical examination of the history, people, events, programs and philosophical positions that have led to the current status of physical education, fitness and sport in the United States.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

athletic training, sport management, fitness leadership, exercise science, corporate recreation, leisure management, physical therapy, adapted physical activity, health promotion, and teaching

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer’s approval are required).

- 0. x None
- 1. _____ Communications
- 2. _____ Critical Thinking
- 3. _____ Natural Sciences
- 4. _____ Mathematical/Logical Reasoning
- 5. _____ History and the Social and Behavioral Sciences
- 6. _____ The Humanities and Fine Arts
- 7. _____ Human Diversity
- 8. _____ Global Perspectives
- 9. _____ Ethical and Civic Responsibility
- 10. _____ People and the Environment

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

1. Discuss the various specialized areas study within the discipline of physical education.
2. Discuss the characteristics of education and physical education and sport programs.
3. Develop a personal philosophy of physical education and sport.
4. Explain why physical educators should clearly state professional objectives for achievement.
5. Identify the characteristics of a physically educated person.
6. Describe the importance of measurement and evaluation in physical education and sport.
7. Discuss the fitness movement.
8. Describe the important role of physical education and sport in the promotion of health and the attainment of wellness to the public.
9. Identify the key components of movement education.
10. Discuss recent developments in physical education and sport.
11. Trace the history of physical education from the earliest times to the present.
12. Explain the principles and guidelines for designing exercise programs.
13. Describe physical fitness and exercise physiology.
14. Identify the value of biomechanics for the physical educator.
15. Identify career opportunities in physical education and sport.

Student assessment methods:

1. Written exams
2. Chapter Review Questions
3. Assignments including written essays.
4. Group work.

Outline of the major course content:

1. Meaning and philosophy of physical education and sport.
2. The role of physical education and sport in society and in education.
3. History of physical education.
4. Exercise physiology and fitness.
5. Psychology of sport.
6. Sociology of sport.
7. Careers in physical education and sport.
8. Issues in physical education.
9. The future of physical education.

Additional special information (special fees, directives on hazardous materials, etc.)

Suggested Textbook: Foundations of Physical Education and Sport. Wuest & Bucher. Mosby.

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Bemidji State University – **Exercise Science Major/Minor**

Pending: Minnesota State Moorhead – **Exercise Science Major**

Pending: St. Cloud State University – **Physical Education and Sports Science Major**

Pending: UM Duluth – **Exercise Science Major**

Pending: UW Superior – **Human Performance Major**

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office

Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist

Revised February 10, 2004