



## PE 2010

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 2010

**Title:** Introduction to Physical Education

**Catalog Description:**

Any student seeking a career in physical education and related areas should take this course. The course is required for physical education majors. We study the history of physical education in America, sports in society, job opportunities in various sporting careers, and the psychology of sport.

**General Education Requirements:** N/A

**Semesters Offered:** Fall

**Credit/Time Requirement:** Credit: 3; Lecture: 3; Lab: 0

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Justification:**

Most colleges and universities offer an Introduction to Physical Education course. The course is required of physical education majors and is also informative for future coaches and parents.

**Student Learning Outcomes:**

Students will understand the history of physical education in America.

Students will be aware of the various careers possible in physical education.

Students will understand the roles played by sports in America.

Students will develop career goals.

Students will model appropriate interactions between coaches, parents, and athletes.

**Content:**

- Teaching in Physical Education
- Coaching
- Adult & Youth Recreation Programs
- Intramurals Programs
- Adminstrating Physical Education & Athletic Programs
- Oral report by each student on a career choice
- Preparation for certification as a high school coach
- Guest lectures

8) Apply ethical reasoning to a variety of contexts.

We analyze the values and philosophies associated with sports in America, including discussions on salaries (professional athletes vs teachers for example), as well as sportsmanship and ethics at the elementary, secondary, and collegiate levels. We compare and contrast teaching philosophies, coaching philosophies and parenting styles. The instructor will assess student progress through observation, feedback, exams, and oral presentations.

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

We discuss and analyze elements of a healthy life style. This includes topics such as sleep management, nutrition, and the psychological impact of sports in America. Discussions are based on the philosophy that sports are a reflection of our American society. The instructor will assess student progress through observation, feedback, exams, and oral reports.

**Key Performance Indicators:**

Oral and written evaluations of guest speakers: 5%

Quizzes on historical information: 25%

Evaluation of peers and their reports: 10%

Attendance: 40%

Exams: 20%

Percentages are approximate

**Representative Text and/or Supplies:**

Andrews, Andy, *The Traveler's Gift*, current edition, Nelson Books

Martens, Rainer, *Successful Coaching*, current edition, Human Kinetics

**Optimum Class Size:** 30

**Maximum Class Size:** 40

**Signatures:**

I hereby submit this course syllabus:

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Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)