



COURSE SYLLABUS

DIVISION: Workforce Services

DATE: January 2015

CURRICULA IN WHICH COURSE IS TAUGHT: Non-Curricula

COURSE NUMBER AND TITLE: PED 221 Introduction to Physical Education and Health

CREDITS: 3

HOURS/WEEK LECTURE: 3

HOURS/WEEK LAB: 0

LECTURE/LAB COMBINATION: 3 (0)

I. CATALOG DESCRIPTION:

Provides and overview of the historical, philosophical, psychological, and sociological principles of health, physical education, and recreation.

II. RELATIONSHIP OF THE COURSE TO CURRICULA OBJECTIVES IN WHICH IT IS TAUGHT: Non-Curricula Course

III. REQUIRED BACKGROUND: None

IV. COURSE CONTENT

Basic overview of the history and foundation of physical education

Discussion of the dimensions of physical education including

- Motor behavior
- Bio-mechanics
- Exercise
- Physiology
- Sociology
- Health
- fitness

V. LEARNER OUTCOMES

- Have an understanding of the history and foundation of physical education
- Have an understanding of the various dimensions of physical education

VI. EVALUATION:

Students will be assessed using some combination of tests, quizzes, or written assignments as defined by the instructor

In addition, students may be required to develop individualized plans for improving their physical health.

The course supports the following in general education objectives

- Communication
- Cultural and Social Understanding
- Personal Development