

Course Outline

COURSE: PE 2 **DIVISION:** 40 **ALSO LISTED AS:** KIN 2

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: INTRO TO PHYS EDUC

LONG TITLE: Introduction to Physical Education

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

COURSE DESCRIPTION:

This course is designed to examine the field of physical education from a historical and contemporary viewpoint. The broad spectrum of physical education as a discipline will be discussed. Goals and objectives of physical education as well as other career options will be introduced. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 2, effective Fall 2011. **ADVISORY:** Eligible for English 250 and English 260.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

1. The student will discuss the role of sport, fitness, and physical education in our society, including the historical development and the issue of obesity.

Measure: oral report, written exam, homework

ILO: 2, 1, 7, 6, 4

2. The student will differentiate the concentration areas which make up the discipline of physical education including assessing career options.

Measure: written paper, oral report, exam, homework

ILO: 2, 7, 1, 3, 4,

3. The student will examine physical education and its importance as a discipline and identify current issues in the field.

Measure: homework, written report, oral report, exam

ILO: 7, 2, 1, 4, 3

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 2, effective Fall 2011.

Curriculum Approval Date: 10/12/2009

9 Hours

Course introduction and orientation. The class will participate in an active discussion about the context of lifespan sport, fitness, and physical education. Lecture on lifespan physical activity and the obesity health crisis; the heritage of physical education; and the changing philosophies for sport, fitness, and physical education.

HW: Read appropriate chapters in text. Study for test.

SPO: The student will be able to explain the current possibilities for lifespan physical activity. They will be able to describe the new settings for sport, fitness, and physical education. They will discuss the birth of the physical education profession and the institutionalization of sport. They will be able to describe the umbrella profession of physical education and how progressive education influenced the development of the new physical education.

9 Hours

The class will participate in an active discussion on the basic concepts of sport including sport ethics, leisure, play and games. Lecture on sport programs and professions and the problems and issues in sport.

HW: Read related chapters in textbook. Begin to develop term paper topic. Study for test.

SPO: The student will define the concepts of play and how it relates to sport, and the concept of game. They will define and provide examples of the different kinds of sport and participation. They will analyze youth sport, interscholastic sport, and collegiate sport and discuss the major issues within each area. They will analyze the manner in which cooperation and competition are important to good sport participation. They will analyze and discuss equity issues in sport at all levels.

9 Hours

The class will participate in an active discussion on the basic concepts of fitness including the various approaches to defining fitness and the differences among various kinds of fitness training. Lecture on fitness programs and professions. Problems and issues in fitness will be discussed.

HW: Read appropriate chapters in text. Work on term paper. Study for test.

SPO: The student will be able to distinguish between and explain health fitness, motor performance fitness and cosmetic fitness. They will describe the health benefits of a physically active lifestyle. They will describe the purpose of Healthy People 2010 and outcomes related to those goals. They will describe the efforts of AAPHERD to promote fitness. They will describe and discuss the costs and the benefits to society of fitness and lack of fitness among various populations.

9 Hours

The class will participate in an active discussion on the basic concepts of physical education including formulating their own view on the central meaning and preferred focus of physical education. Lecture on physical education programs and professions. The class will participate in an active discussion on the problems and issues in physical education.

HW: Read appropriate chapters in text. Finish term paper. Study for test.

SPO: The student will be able to describe and discuss important curriculum and instruction influences in physical education. They will be able to define what an exemplary physical education program is. They will be able to discuss the roles played by a physical educator. They will analyze and discuss issues related to elementary school physical education and issues related to secondary school education. They will analyze and discuss issues related to time, class size, exemptions, liability and gender equity.

12 Hours

Lecture on building an infrastructure to support physical activity and healthy lifestyles. The class will participate in a discussion on the themes defining our present and future in sport, fitness and physical education. Lecture on both physical-science and social-science subdisciplines supporting the profession.

HW: Read appropriate chapters in text. Develop questionnaire for "Interview". Study for test.

SPO: The student will describe the components of a physical-activity infrastructure. They will describe state-level and local efforts to support the physical-activity infrastructure. They will discuss how the physical-science subdisciplines of exercise physiology, kinesiology, biomechanics, and motor behavior have emerged and define them as a field of study. They will discuss how the social-science subdisciplines of sport sociology, sport and exercise psychology, sport pedagogy, and the sport humanities have emerged and define them as a field of study.

3 Hours

Student presentations of interviews with people working in the sport or fitness profession or as a physical educator.

HW: Interview a person working in the sport or fitness profession, or interview a person working as a physical education teacher.

SPO: The student will discuss the roles and certification required for each profession at various levels.

2 Hours

Written final.

METHODS OF INSTRUCTION:

lecture, discussion, presentations

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 40 % to 60 %

Written Homework

Essay Exams

Term or Other Papers

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: none

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: none

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 25 % to 35 %

Multiple Choice

True/False

Matching Items

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 10 % to 15 %

participate in discussions, oral presentations

REPRESENTATIVE TEXTBOOKS:

Required:

Daryl Siedentop, "Introduction to Physical Education, Fitness and Sport", McGraw-Hill, 2009

ISBN: 13: 978-0-07-337651-6

Reading level of text: 13 grade Verified by: publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200970

UC TRANSFER:

Transferable UC, effective 200970

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 2

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000307211

Sports/Physical Education Course: Y

Taxonomy of Program: 083500