

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PE2413- Introduction to Health, Physical Education and Recreation

II. COURSE DESCRIPTION: 3 credit hours
3 credit hours of lecture and 0 credit hours of lab per week.

This class is an introductory course designed for men and women entering the field of Physical Education and related areas. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The SCCC physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

Siedentop, Daryl ; Introduction to Physical Education, Fitness & Sport; 3rd ed. Mayfield.

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

- 1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life
- 2: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.
- 5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information
- 6: Exhibit skills in information and technological literacy
- 7: Understand each other, moving beyond simple acceptance to embracing and celebrating the rich dimensions of diversity by working as a team to learn, engaging with community, exhibiting cultural awareness, and creating equity.

VI. COURSE OUTCOMES:

1. To demonstrate a general understanding of the history and principles of physical education on a written exam.
2. To be able to develop an understanding of physical education based on the student's ability to define physical education, its aim and purpose, as well as, the domain associated with this discipline on a written exam.
3. To be able to develop an understanding of philosophy on a written exam and to also write a personal philosophy of physical education.
4. To demonstrate an understanding of physical education as a profession on a written exam.
5. To be able to access the different career opportunities in the physical education arena along with demonstrating an understanding of each field on a written exam.

6. To demonstrate an understanding of the teaching of physical skills which includes planning, instruction and evaluation on a written exam.
7. To demonstrate an understanding of the continuous changes in physical education on a written exam.
8. To demonstrate an understanding of the issues in physical education and sport on a written exam.

VII. COURSE OUTLINE:

1. History and Development of Physical Education and Sport Programs.
2. Physical Education - A dynamic field.
3. Philosophy and Physical Education.
4. Physical Education as an Academic Discipline.
5. The Profession of Physical Education.
6. Issues in Physical Education and Sport.
7. Selecting a Career Pathway.
8. Teaching Physical Skills.
9. Changing Nature of Physical Education.

VIII. INSTRUCTIONAL METHODS:

1. Lecture
2. Guest Speaker
3. Overhead and Slide Presentations
4. Class note taking

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Overhead and Slides
2. Textbook
3. Computer Exerciser

X. METHODS OF ASSESSMENT:

Methods of assess the general course outcomes and the specific course competencies include written exams, written philosophy of physical education, daily quizzes, journal writings, and attendance

SCCC Outcome #1 will be assessed and measured through class participation and discussion, role playing in class, and test answers.

SCCC Outcome #2 will be assessed and measured through class discussions, writing of abstracts, and researching current issues in Physical Education.

SCCC Outcome #5 will be assessed and measured by abstract research, presentation, role playing (interviewing process), accessed student's scores on test.

SCCC Outcome #6 will be assessed and measured by using computers for research and internet articles for class papers.

SCCC Outcome #7 will be assessed and measured by analyzing and applying coaching philosophies to current policy and procedures of state and federal, relating coaching and community responsibilities, and by guest speakers.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students

should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 11/28/2018 16:19:01