

SOUTHEAST COMMUNITY COLLEGE
DIVISION OF ARTS AND SCIENCES
Social Science
Revision Date: 07-01-24

I. CATALOG DESCRIPTION

Course Number: PHED1750
Course Title: Introduction to Physical Education
Prerequisite(s): None
Catalog Description: For the prospective physical education major or minor at the secondary school level. Survey of physical education, history, principles, and objectives. Review of activities offered in the P.E. curriculum.

Credit Hours: 3.0
Class Hours: 45
Lab Hours: 0
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

- A. Make students aware of the philosophy, objectives, and disciplines involved in the field of physical education.
- B. Study the development of the field of physical education from ancient man to modern times, and will be able to visualize how our current field evolved and developed from the past.
- C. Make students aware of the importance of the mental and physical benefits of fitness and human movement throughout the lifetime. They will develop an appreciation for the importance of quality movement education instruction in this field.
- D. Enable students to understand the psychological and sociological benefits of physical education and sport to individual development.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

- A. Student Learning Outcomes: *Student will be able to:*
 - 1. Understand philosophy, objectives, and disciplines involved in the field of physical education.
 - 2. Visualize how our current field evolved and developed from the past.
 - 3. Become aware of the importance of the mental and physical benefits of fitness and human movement throughout the lifetime. They will develop an appreciation for the importance of quality movement education instruction in this field.
 - 4. Understand the psychological and sociological benefits of physical education and sport to individual development.
- B. General Education Learning Outcomes
 - 1. GELO #3: Critical Thinking & Problem Solving
 - Outcome: Collect, identify, interpret and analyze data.
 - Outcome: Synthesize information to arrive at reasoned solutions to problems.
 - Outcome: Evaluate ideas presented in writing, media, speech, or artistic presentations.
 - Outcome: Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.
 - Outcome: Acquire and integrate knowledge and construct relationships across disciplines.
 - 2. GELO #6: Career and Life Skills
 - Outcome: Employ effective interpersonal and intrapersonal communication skills.
 - Outcome: Acquire entrepreneurial skills and attitudes.
 - Outcome: Demonstrate financial literacy.

Outcome: Use digital technology effectively to access, manage, integrate, evaluate, and present information.

Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

Outcome: Develop skills that will support positive and fulfilling relationships with others.

Outcome: Demonstrate choices that reflect personal responsibility in one's academic, civic, social, and vocational/professional life.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

- A. Physical Education, Exercise Science, and Sport – Dynamic Fields
- B. Exercise and Sports Sciences
- C. Professions of Physical Education, Exercise Science, and Sport
- D. Philosophy of Physical Education, Exercise Science, and Sport
- E. Career Options
- F. Preparation for a Career
- G. Early Heritage in Sports and Gymnastics
- H. Early American Physical Education and Sport
- I. Twentieth and Twenty-First Century Physical Education, Exercise Science, and Sport
- J. Opportunities and Challenges in Physical Education, Exercise Science and Sport
- K. Issues in Sports
- L. Leadership for Active Living

V. INSTRUCTIONAL MATERIALS

- A. Required Text(s):
 - 1. Lumpkin, Angela. *Introduction to Physical Education, Exercise Science, and Sport Studies*, 11th Ed., McGraw-Hill, 2021. ISBN: 978-1-260-25318-4
- B. Other Resources: as assigned

VI. METHODS OF PRESENTATION/INSTRUCTION

- A. Methods of presentation typically include a combination of the following:
 - 1. Classroom Discussion
 - 2. In-Class Activities/Worksheets
 - 3. Instructional Videos
 - 4. Group Projects

VII. METHODS OF EVALUATION

- A. Methods of evaluation typically include a combination of the following:
 - 1. Quizzes and exams
 - 2. Attendance and participation
 - 3. Daily Homework Assignments
- B. SCC GRADING SCALE

A+	95-100	C+	75-79	F	59 or less
A	90-94	C	70-74		
B+	85-89	D+	65-69		
B	80-84	D	60-64		

VIII. SPECIFIC COURSE REQUIREMENTS

- A. Attendance and class discussion is required for success in this course.
- B. Achieve a passing grade of 60% or higher, on SCC grading scale.
- C. Successful completion of all work assigned by instructor.