

### Department:

Physical Education

### Course Description:

This is the foundation course for all physical education majors. The course will cover the historical development of exercise science and physical education. The course will also examine issues, opportunities, and challenges in the physical education field.

### Course Competencies:

Upon completion of the course, the student should be able to:

1. Outline the history and development of exercise science and physical education.
2. Describe the basic principles and benefits of exercise science, physical education, and sports participation.
3. Describe the changing nature of physical education and explain its function in the curriculum.
4. Exhibit professional behavior in physical education activities.
5. Assess and evaluate physical education programs and activities.

### Course Content:

- A. Overview of Physical Education, Exercise Science, and Sports
- B. The Profession of Physical Education
- C. The Philosophy of Physical Education
- D. Selecting and Preparing for a Career in Physical Education
- E. History and Development of Physical Education
- F. The Changing Nature of Physical Education
- G. Issues, Opportunities, and Challenges
- H. Living Actively

### Learning Assessments:

Course competencies will be assessed by regular exams, quizzes, class presentations, reflection papers, and final exam.

### Instructional Materials:

Introduction to Physical Education, Exercise Science, and Sports Studies, Lumpkin, 9th Ed., McGraw-Hill, 2013. ISBN-13: 978-0078022661

**Guidelines for Requesting Accommodations Based on  
Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:  
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.