

Department:

Physical Education

Course Description:

This course provides a survey study of the historical background, philosophy, and principles of the field of physical education.

Course Competencies:

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

1. Summarize the historical events and identify significant individuals in the development of modern sport, fitness, and physical education.
2. Explain the basic concepts of modern sport, fitness, and physical education.
3. Identify the settings for physical education programs and summarize the qualifications needed for professionals in the field.
4. Identify relevant issues and concerns in the field of physical education.
5. Conduct scientific and scholarly research relevant to the field of physical education.
6. Explain the relationships of the allied fields of health, recreation, and dance.
7. Speculate on the future status of sport, fitness, and physical education.

Course Content:

- A. Evolution and Current Context of Physical Activity
- B. Basic Concepts of Physical Education
- C. Physical Education Programs and Professions
- D. Problems and Issues in Physical Education
- E. Basic Concepts of Fitness
- F. Fitness Programs and Professions
- G. Problems and Issues in Fitness
- H. Basic Concepts of Sport
- I. Sport Programs and Professions
- J. Problems and Issues in Sport

Learning Assessments:

Course competencies will be assessed by quizzes, exams, in-class presentations, and a research paper.

Instructional Materials:

Introduction to Physical Education, Fitness, and Sport, Siedentop, van der Mars, 8th Ed., McGraw-Hill, 2012. ISBN: 978-0-07-809577-1

**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.