Minnesota State University Moorhead

PE 200: Foundations of Physical Education

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course investigates the nature and scope of physical education including philosophy, objectives and the role of movement and fitness. It involves the application of historical and scientific foundations as they apply to physical education and sport and considers career and professional opportunities in physical education and sport.

B. COURSE EFFECTIVE DATES: 06/01/1995 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Scope of physical education including philosophy, objectives, and the role of movement and fitness.
2. Identify historical and scientific foundation as they apply to physical education and sport.

D. LEARNING OUTCOMES (General)

1. Demonstrate knowledge of the trend and in physical education / sport and history and philosophy for physical education and sport through a written exam.
2. Develop a personal and programmatic philosophy for physical education by writing a personal philosophy.
3. Demonstrate the ability to research and write abstracts in the professional literature in physical education through writing assignments.
4. Demonstrate knowledge in the physiological and sociological concepts of physical education through a written exam.
5. Understand the development of recreation and play theories, the importance of sports in American society and the role of women in physical education and sport through writing assignments and written exams.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted