**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 101 – Introduction to Physical Education**

**Course Outline**

**Course Number & Name:**  PHE 101 Introduction to Physical Education

**Credit Hours:**  2.0 **Contact Hours:**  2.0 **Lecture:** 2.0 **Lab:**  N/A **Other:**  N/A

**Prerequisites**:  Grades of “C” or better in ENG 096 and RDG 096 or placement

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course provides an introduction and professional orientation to the field of physical education. The role of the instructor of physical education in schools, industry, and community agencies is emphasized. The scientific foundations of physical activity and career opportunities in physical education are also examined.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. explain why physical education is necessary in the overall educational process;

2. identify market place trends for employment;

3. explain the scientific foundations of exercise and physical activity; and

4. describe and establish positive activity practices.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Explain why physical education is necessary in the overall educational process:

* 1. *discuss educational philosophies concerning movement;*
  2. *describe student attitudes concerning movement;* and
  3. *describe the role of sport in the educational setting*

2. Identify market place trends for employment:

2.1 *summarize current employment advertisements as they appear in newspapers and professional media;* and

2.2 *discuss popular and current forms of fitness and movement activities requiring trained personnel*

**Measurable Course Performance Objectives (MPOs)** (continued):

3. Explain the scientific foundations of exercise and physical activity:

3.1 *explain the cardiovascular system;*

3.2 *explain muscular strength;*

3.3 *explain muscular endurance;*

3.4 *explain muscular power;*

3.5 *explain flexibility;*

3.6 *explain agility;*

3.7 *explain balance;*

3.8 *explain coordination;* and

3.9 *explain speed*

4. Describe and establish positive activity practices:

4.1 *describe the need for positive activity practices by age and grade level (e.g., for grades 1 – 3, grades 4 – 6, grades 7 – 8, and grades 9 – 12);*

4.2 *describe and* *establish safety standards to be used in various activities;* and

4.3 *describe and establish sound practices in administering activities to individuals and groups (e.g., maintaining attention and control)*

**Methods of Instruction**: Instruction will consist of a combination of lectures, readings, discussions, and individual research.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Maintain regular attendance.

2. Participate in class discussions.

3. Take all exams as scheduled.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Textbook Possession MUST be satisfactory**

Students need to attend and participate in class to benefit from the guidance of the instructor. To fully participate in class, students must possess the current edition of the required textbook.

* **Discretionary Quizzes** MUST be satisfactory

Discretionary quizzes may be given on a regular basis throughout the semester to reinforce student mastery of course objectives. Outstanding performance on quizzes may be counted at the instructor’s discretion to improve the student’s final course grade.

* Midterm Exam 50%

The midterm exam will provide evidence of student mastery of course objectives and synthesis of concepts covered in the first half of the semester.

* **Final Exam**  **50%**

The final exam will provide evidence of student mastery of course objectives and synthesis of concepts covered in the second half of the semester.

Note: Attendance, class participation, textbook possession, discretionary quizzes (if applicable) and examinations must ALL be completed in a satisfactory manner in order to pass this course. This means that failure of any one of the course grading components constitutes failure of the whole course.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **Physical Education and Sport,** 7th edition, by Angela Lumpkin; published by McGraw Hill.

**Week Topics**

1 Introduction to physical education

2 Careers and professional leadership

3 Professional preparation

4 The nature and scope of physical education

5 The purposes of physical education

6 Narrative foundations of physical education (e.g., historical, philosophical, and comparative)

7 Socio-cultural foundations

8 Psychological foundations

**Midterm Exam**

9 Biological foundations

10 Curriculum

11 Competitive sport

12 Leisure and physical education

13 Education and research

14 Review of course material

15 **Final Exam** and evaluations