**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 119 – Concepts of Physical Education**

**Course Outline**

**Course Number & Name:**  PHE 119 Concepts of Physical Education

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

**Prerequisites**:  Grade of “C” or better in ENG 096 or placement

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

**Course Outline Revision Date:**  Fall 2010

**Course Description**: Through a series of lectures and self administered tests, various aspects of Physical Fitness will be explored. In addition to mastering selected concepts concerning fitness, each student will develop through self-testing, his or her own physical fitness profile. Each student will access his/her fitness level and design a program of exercise to achieve and /or maintain fitness for living.

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

1. demonstrate knowledge of the vocabulary and concepts of fitness;

2.    utilize various techniques to improve levels of fitness; and

3. discuss various concepts and misconceptions related to fitness.

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

1. Demonstrate knowledge of the vocabulary and concepts of fitness:

* 1. *name the components of fitness;*
  2. *define the components of fitness;*
  3. *explain several theories of fitness;* and
  4. *define the general language of fitness*

2. Utilize various techniques to improve levels of fitness:

2.1 *use the overload principle to improve levels of fitness;* and

2.2 *use the principle of progression to improve levels of fitness*

3. Discuss various concepts and misconceptions related to fitness:

3.1 *explain various concepts and misconceptions related to proper nutrition;*

3.2 *explain various concepts and misconceptions related to adequate exercise;*

3.3 *explain various concepts and misconceptions related to proper workouts;* and

3.4 *explain various concepts and misconceptions related to adequate coordination and flexibility*

**Methods of Instruction**: Instruction will consist of a combination of lecture, demonstration, self-testing, and application of fitness principals.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Checklist rubrics are used to evaluate lab assignments for the presence of 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 and participate in class discussions.

2. Complete lab assignments on time.

3. Take all exams as scheduled.

4. Participate in all physical components of the course.

**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 and to observe necessary demonstrations. To fully participate in class, students must possess the current edition of the required textbook.

* **Lab Assignments & Discretionary Quizzes** MUST be satisfactory

Labs at the end of each chapter are assigned as homework problems and 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, lab assignments, 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 **Concepts of Physical Fitness,** 15th edition, by Corbin & Welk; published by McGraw Hill, 2009.

**Week Topics**

1 Lifestyles for health, wellness, and fitness

2 – 4 An introduction to physical activity

5 The physical activity pyramid

6 – 7 Components of physical fitness

8 Cardiovascular system

**Midterm Exam**

9 Muscular strength, endurance, and power

10 Flexibility

11 Agility, balance, and coordination

12 Speed

13 Nutrition

14 Consumerism

15 Review of lab assignments and course material

**Final Exam**

Note: Labs at the end of each chapter are assigned as homework problems on a regular basis throughout the semester.