COURSE INFORMATION FORM

DISCIPLINE
Physical Education

COURSE TITLE
Introduction to Exercise Science, Physical Education, and Recreation

CR.HR. 3  LECT HR. 3  LAB HR.  CLIN/INTERN HR.  CLOCK HR. 

CATALOG DESCRIPTION
An introductory course for the student considering a career in exercise science, physical education and recreation. History, philosophy and careers in physical activity will be explored.

PREREQUISITES
None

EXPECTED STUDENT OUTCOMES IN THE COURSE
Upon completion of this course, the student will be able to:

1. Differentiate between and define the following terms and/or concepts; physical education, physical fitness, health education, recreation, wellness, sports medicine, exercise science, motor learning, sports pedagogy, sport sociology, sport psychology, and bio-mechanics.

2. Identify influential leaders (past and present) in the field of physical education, exercise science, health, and recreation.

3. Discuss educational, political, social, and economic forces that shape American physical fitness, physical education, and health in society.

4. Identify the educational focus and develop career profiles for ten occupations in the field of exercise science, physical education, recreation and health.
CLASS-LEVEL ASSESSMENT MEASURES

Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

Class projects (4)
Class participation (1-4)
Test and quizzes (1-4)

PROGRAM-LEVEL OUTCOMES ADDRESSED

General Education Outcomes
Specify which general education outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes and assessment measures.

Occupational Program Outcomes
Specify which occupational program outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes to assessment measures.
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.

I. Introduction to Kinesiology & Physical Activity
   A. Philosophy
   B. History
   C. Sociology
   D. Motor Behavior
   E. Sport and Exercise Psychology
   F. Biomechanics
   G. Physiology

II. Professions in Kinesiology & Physical Activity
   A. Health & Fitness
   B. Therapeutic Exercise
   C. Physical Education
   D. Coaching
   E. Sport Management