

CATALOG INFORMATION

Dept and Nbr: PHYED 1

Title: FOUNDATIONS OF PHYS ED

Full Title: Foundations of Physical Education, Exercise Science & Sport

Last Reviewed: 2/27/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PE 20

Catalog Description:
History, philosophy, and scientific foundations of physical education, exercise science and sport. Overview of careers, fields of study and requirements in physical education and allied disciplines. Issues, challenges, and current/future trends are also addressed.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: History, philosophy, and scientific foundations of physical education, exercise science and sport. Overview of careers, fields of study and requirements in physical education and allied disciplines. Issues, challenges, and current/future trends are also addressed. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

CID Descriptor: KIN 100 Introduction to Kinesiology

SRJC Equivalent Course(s): KINES1

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course, students will be able to:

1. Discuss foundational aspects of physical education, its evolution into ancillary disciplines, and current/future trends.
2. Describe contemporary issues and challenges, role in society, aims and objectives of physical education, exercise science, and sport.
3. Identify educational requirements, skills and general preparation for various career opportunities in teaching, coaching, fitness and health, sport and other related disciplines.
4. Identify credible sources of information for research in the fields of physical education, exercise science, and sport.

Topics and Scope:

I. The Fields of Physical Education, Exercise Science, and Sport

- A. Contemporary programs
- B. Disciplines and Sub-disciplines
- C. Allied Fields of Health, Recreation, and Dance
- D. Personal philosophy

II. Discipline Goals and Objectives

- A. Historical development
- B. Contemporary goals
- C. Cognitive, Affective, and Psychomotor learning domains
- D. Role of technology

III. Role in Society and in Education

- A. Chronic disease in U.S.

- B. Health goals of the nation
- C. Implications for fitness and wellness movement
- D. Physical activity and fitness of children, youth and adults
- IV. Historical Foundations
 - A. History of physical education
 - B. Disease prevention and health promotion
 - C. School physical education
 - D. Growth of sports
 - E. Programs for individuals with disabilities
- V. Motor Behavior
 - A. Motor learning, motor development, and motor skills
 - B. Stages of learning
- VI. Biomechanical Foundations
 - A. Kinesiology and biomechanics
 - B. Mechanical principles
- VII. Exercise Physiology and Fitness
 - A. Areas of study
 - B. Physical activity, physical fitness, and health
 - C. FITT Formula (Frequency Intensity Time and Type)
 - D. Health and fitness components
 - E. Nutrition and fitness
 - F. Ergogenic aids
- VIII. Sociological Foundations
 - A. Interscholastic and intercollegiate sports
 - B. Girls, women, and minorities in sport
 - C. Performance enhancing substances in sport
- IX. Sport and Exercise Physiology Foundations
 - A. Areas of study
 - B. Goal setting, behavior change and exercise adherence
 - C. Mental imagery and self-talk to enhance performance
- X. Preparation and Careers in Physical Education, Exercise Science, and Sport
 - A. Prerequisites, general education, certificates, major and minor courses required at four year level.
 - B. Advanced degree and credential requirements
 - C. Leadership and professional development
 - D. Teaching and Coaching Careers
 - E. Fitness and Health related careers
 - F. Sport Careers
- XI. Issues, challenges, and the future
 - A. Leadership and teaching values in the field.
 - B. Growing fields, challenges, and advocacy
 - C. Future trends
- XII. Research in the field of physical education, exercise science, and sport
 - A. Research journals in the field
 - B. Internet sources
 - C. Non credible sources of information
 - D. Professional memberships
 - E. Continuing education

Assignment:

1. Evaluate current handouts in the field of Physical Education and Sport

2. Complete class project with term paper 3-5 pages.
3. Read textbook assignments 10-25 pages per week.
4. Participate in 1-2 field trips
5. 2-4 Quizzes
6. 2-4 Exams

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Textbook Assignments, Term papers, Class project

Writing
30 - 40%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations
0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes and Exams: Multiple choice, True/false, Essay

Exams
40 - 60%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation, Attendance, and Field Trips

Other Category
10 - 20%

Representative Textbooks and Materials:

Foundations of Physical Education, Exercise Science and Sport (16th). Bucher and Wuest. WCB/McGraw-Hill:2009