

PHYED 1 Course Outline as of Fall 2003

CATALOG INFORMATION

Dept and Nbr: PHYED 1            Title: FOUNDATIONS OF PHYS ED  
Full Title: Foundations of Physical Education & 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	17	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:**  
Overview of the Physical Education and sport profession and allied fields of study. The prospective major will have an understanding of professional preparation requirements and education.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Overview of the Physical Education and sport profession and allied fields of study. The prospective major will have an understanding of professional preparation requirements and education. (Grade Only)  
Prerequisites/Corequisites:  
Recommended: Eligibility for ENGL 100 or ESL 100  
Limits on Enrollment:

Transfer Credit: CSU;UC. (CAN KINE2)

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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### **CID:**

CID Descriptor: KIN 100	Introduction to Kinesiology
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SRJC Equivalent Course(s):	KINES1
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### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student at the end of the semester will:

1. Identify, integrate and evaluate appropriate information sources for specific information needs.
2. Use the available information sources to locate and retrieve relevant information.
3. Demonstrate a knowledge and understanding of the skills and preparation necessary for teaching, coaching, and administration of physical education sport and allied fields.
4. Display a knowledge of job placement, career opportunities, and educational advancement in physical education, sport and allied fields.
5. Develop an understanding of the importance of physical education, sport and allied fields in modern society.

### **Topics and Scope:**

1. Students will concentrate on the skills and concepts needed to find appropriate information sources on Physical Education and their allied fields, and to use this information successfully for academic learning.
2. Students will use various web sites, portals, location tools and options for research in the allied fields of Physical Education.
3. College Requirements:
  - a. Prerequisites
  - b. General Education
  - c. Certificates
  - d. Major and minor courses required for physical education majors at the four year level
  - e. Advanced degree and credential requirements

4. Historical Foundation of Physical Education and Sport
  - a. Philosophy of Physical Education and Sport
  - b. Definition of Physical Education and allied fields
  - c. Movement Education from 1930 - present
  - d. Individual career and professional development in Physical Education and Sport
5. Bio-mechanical Foundations of Physical Education and Sport
  - a. Examine the growth of the Fitness movement
  - b. Fitness and Health related careers in Physical Education and Sport
6. Foundations of Exercise Physiology in Physical Education and Sport
  - a. New trends in the training of athletes at different ages and competitive levels
  - b. Psychomotor learning and individuals
  - c. Physically challenged individuals and the development of Physical Education and Sport
7. Sociological Foundations of Physical Education and Sport
  - a. Trends in youth and senior sport programs the past 20 years
  - b. Sport careers in management, corporate, media and allied health fields
  - c. Retail sales in fitness, leisure sports activities and allied fields
8. Psychological Foundations of Physical Education and Sport
  - a. Use of biofeedback, imagery, meditation and other intrinsic devices
9. Teaching and Coaching Careers in Physical Education and Sport
  - a. Individual curriculum development
  - b. Credential patterns in California (K-14)
  - c. Athletic training careers
  - d. Dance careers
  - e. Physical therapy careers
  - f. Coaching careers
10. Future Issues and Challenges in Physical Education and Sport

#### **Assignment:**

1. Evaluate current handouts in the field of Physical Education and Sport
2. Complete class project with term paper
3. Read textbook assignments
4. Participate in field trips

#### **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, Reading reports, Term papers, Class project
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Writing 10 - 40%
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**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.

Multiple choice, True/false, Completion, Essay

Exams  
30 - 50%

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

, field trips

Other Category  
10 - 40%

**Representative Textbooks and Materials:**

Foundations of Physical Education and Sport, 13th Edition Bucher and Wuest, WCB/McGraw-Hill, 1999 ISBN: 0-07-092138.5