

Reviewed by: K. Bandy
Reviewed by: V. Maiocco
Reviewed by: S. Walsh
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Physical Education (PHED) 1644 Introduction to Physical Education (3 Units) CSU:UC
[Formerly Physical Education 44]

Advisory: Eligibility for English 1500_strongly recommended

Total Hours: 48 hours lecture

Catalog Description: This course provides an orientation to the profession of physical education and will explore the historical aspects of physical education and sport. Fieldtrips may be required.

Type of Class/Course: Degree Credit

Text: Siedentop, Daryl and Hans Van de Mars. *Introduction to Physical Education, Fitness, and Sport*.
8th ed. McGraw Hill, 2012.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. appraise the area of physical education as a career objective,
2. compare and contrast physical education with other professions,
3. discuss the historical aspects of physical education by earlier civilizations,
4. demonstrate knowledge on how sport and physical education came to be on the college campus,
5. discuss the importance of the history of the Olympic Games,
6. explain what is the role of the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD),
7. examine how the NCAA works on the college campus,
8. debate the importance of physical education at the elementary school level,
9. evaluate how Title IX changed physical education and sport, and
10. analyze why physical education and sport often gets hit hard in budget problems.

Course Scope and Contents:

- Unit I Understanding the Context of Lifespan Sport, Fitness, and Physical Education
- a. The Obesity Health Care Crisis
 - b. Heritage of Physical Education, Sport and Fitness in the US
 - c. Changing Philosophies for Sport, Fitness, and PE
- Unit II Sport
- a. Basic Concepts of Sport
 - b. Sport Programs and Professions

c. Problems and Issues in Sport

Unit III Fitness

- a. Basic Concepts of Fitness
- b. Fitness Programs and Professions
- c. Problems and Issues in Fitness

Unit IV Physical Education

- a. Basic Concepts of Physical Education
- b. Physical Education Programs and Professions
- c. Problems and Issues in Physical Education

Unit V Building a National Infrastructure to Support Physical Activity and Health Lifestyles

- a. The Crucial Themes Defining Our Present and Future
- b. The Physical Science Subdisciplines Supporting Professions
- c. The Social Science Subdisciplines Supporting the Professions

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Skill practice
2. Readings from the text
3. Following relevant physical education and sport issues

Methods of Instruction:

1. Lecture
2. Class discussion
3. Audio-visual aids
4. Reading assignments
5. Visitations to local high school P.E. classes and athletic programs
6. Visitations to local elementary physical education classes
7. Visitations to area fitness clubs
8. Visitations to area golf courses and bowling alleys
9. Research projects

Methods of Evaluation:

1. Mid-term exam
2. Final exam
3. Unit tests
4. Research projects
5. Written summary of visitations
6. In-class discussions
7. In-class debate