

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1101

NUMBER OF CREDITS: 3

Lecture: 3 Lab: 0 OJT: 0

Course Title:
Foundations of Health, Physical Education, Exercise Science, & Sport

Catalog Description:
Foundations of Health, Physical Education, Exercise Science, & Sport provides an introduction to the history, philosophy, objectives, and principles of health, physical education, exercise science and sport. Topics included will be career opportunities and preparation; professionalism including attitudes; ethics, and organizations. This course designed is for persons who plan to major or minor in Health, Physical Education, Exercise Science, or Sport.

Prerequisites or Necessary Entry Skills/Knowledge:
None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- ☐ Goal 1: Communication: By meeting the following competencies:
- ☐ Goal 2: Critical Thinking: By meeting the following competencies:
- ☐ Goal 3: Natural Sciences: By meeting the following competencies:
- ☐ Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- ☐ Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- ☐ Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- ☐ Goal 7: Human Diversity: By meeting the following competencies:
- ☐ Goal 8: Global Perspective: By meeting the following competencies:
- ☐ Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- ☐ Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered
History of Physical Education, Health, and Sport
The effects of Physical Education, Health and Sport has on society
Understanding motor learning and the effects of motor movement
Career Opportunities within the field
Sport and Recreational ethics, attitudes, and organizations.

Student Learning Outcomes
Define the role of Physical Education, Health and Sport in our society.
Describe and explain the sociological implications of Physical Education, Health and Sport.
Define motor behavior, motor development, motor control and motor learning applications to learning a motor skill.
Identify events that served as a catalyst for the growth of Physical Education, Health and Sport.
Describe and explain the history of Physical Education, Health and sport from the earliest times to present.
Develop a personal philosophy of Physical Education, Health and sport.
Identify and formulate objectives for Physical Education, Health, and Sport.
Identify the issues and challenges in the field of Physical Education, Health and Sport.
Describe and explain the differences and similarities between Physical Education and Coaching.

Is this course part of a transfer pathway: Yes ☐ No ☒

***If yes, please list the competencies below**

Revised Date: 5/5/2020