DEPT. Physical Education COURSE NO. 1101
NUMBER OF CREDITS: 3
COURSE TITLE: Foundations of Health, Physical Education & Recreation
CATALOG DESCRIPTION:
Provides an introduction to the history, philosophy, objectives, and principles of health, physical education and recreation. This is a course designed for persons who plan to major or minor in health, physical education or recreation.


Prerequisite: none

Fulfills MN Transfer Curriculum Areas:

This course is an elective

Course is usually offered:

x Fall ___ Spring ___ Summer

AUDIENCE: 1-2 o’clock

FULFILLS MN TRANSFER CURRUCULUM AREA (S) (Leave blank if not applicable)
Area N/A : by meeting the following competencies:
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PREREQUISITES OR NECESSARY ENTRY SKILLS / KNOWLEDGE: N/A

LENGTH OF COURSE

THIS COURSE IS UNUALY OFFERED:
Every other year Fall X Spring Summer Undetermined

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT:
   This course is to teach students about education, business, and professional opportunities in health, physical education, and recreation.

2) THINKING SKILLS:
The students will develop an understanding of ethics. The program will include long and short term goals and time line objectives. Students will read and report on journal articles that relate to health, physical education, and recreation programs.

3) COMMUNICATIONS SKILLS:
Students will prepare and present class presentations.

4) HUMAN DIVERSITY:
Students are to be designed according to real world work situation.

TOPICS TO BE COVERED:
Topics included will be career opportunities and preparation; professionalism including attitudes; ethics, and organizations.

LEARNING/TEACHING TECHNIQUES used in the course are:

- X Collaborative Learning
- X Student Presentations
- X Creative Projects
- X Project Critiques
- X Lecture
- X Demonstrations
- X Problem Solving
- X Interactive Lectures
- X Individual Coaching
- X Films/ Videos
- X Labs/ Activity performance
- __X_ Other: Journaling

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

- X Reading
- X Tests
- X Individual Projects
- _X_ Oral Presentations
- _X_ Textbook problems
- ___ Collaborative Projects
- ___ Writing Portfolio
- ___ Term Paper
- ___ Art Portfolio
- _X_ Other: Journal article reports and daily journals

Calendar of Assignments, Exams, due dates, etc.:
Calendar will be determined according to semester schedule

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.
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