DEPT. Physical Education   COURSE NUMBER: 1101

NUMBER OF CREDITS: 3   Lecture: 3   Lab:

<table>
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<th>Course Title:</th>
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<td>Foundations of Health, Physical Education, Exercise Science, &amp; Sport</td>
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<th>Catalog Description:</th>
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<td>Foundations of Health, Physical Education, Exercise Science, &amp; 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.</td>
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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:
### Prerequisites or Necessary Entry Skills/Knowledge:
None.

### Topics to be Covered (General)
- 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 leaning 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 for 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: 5-05-2020