

Course discipline/number/title: PHED 2270: Intro to Physical Education, Health Recreation, Coaching, Fitness and Sport Management

A. CATALOG DESCRIPTION

1. Credits: 2
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. MnTC Goals (if any): NA

This course is designed to introduce the student to professional fields of Physical Education, Health, Wellness, Fitness, Coaching, Recreation and Leisure Activity and Sport Management. Areas of exploration will include history, philosophy, objectives, scientific and scholarly disciplines, allied fields, future trends, use of technologies, issues and liability, career opportunities and prospects.

B. DATE LAST REVISED (Month, year): April, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. History of Physical Education, Health, Wellness, Fitness, Coaching, Recreation and Leisure Activity and Sport Management.
2. Roles of Physical Education, Health, Wellness, Fitness, Coaching, Recreation and Leisure Activity and Sport Management play in our current society.
3. Development of a philosophy in each area of study.
4. Technology utilized in these fields.
5. Discussion for the need to stay current across a career in each area and how to resource information with professional networks and organizations.
6. Facets of career options within a selected field.
7. Issues, problems and trends associated with a selected field.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Define and differentiate the following specialized areas of study within the discipline of sport, fitness, wellness, recreation and physical education; sport pedagogy, sport psychology, sport sociology, sport philosophy, sport literature and journalism, exercise physiology, kinesiology, biomechanics, motor learning, sports medicine, sport management, recreation and leisure studies, therapeutic recreation and adapted physical education.
2. Justify the need for sport, fitness, wellness, recreation and physical education by developing a meaningful philosophy in each area.
3. Understand the importance and explain the historical overview of sport, fitness, wellness, recreation and physical education.
4. Identify and discuss the justification for ethical behaviors within the professions of sport, fitness, wellness, recreation and physical education.
5. Explain issues related to working with people of all ages in relationship to youth, interscholastic, and intercollegiate sport, community sport, fitness and wellness and recreation.
6. Analyze equity issues in offering programs to a diverse population in any educational or recreational setting.
7. Describe how varying socioeconomics within any community can affect involvement in any sport, education, fitness, wellness or recreational setting.
8. Analyze how society benefits from fitness, wellness, physical education, recreation and sport programs.
9. Identify the requirements for certifications and licensures within the fields of fitness, wellness, physical education, recreation and sport activity.
10. Recognize and discuss the many facets of liability related to any fitness, wellness, physical education, recreation and sport activity.
11. Develop an awareness for the need to stay current with new trends in the industries of fitness, wellness, physical education, recreation and sport to adapt and offer programs to their customers that are continually updated.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

Methods may include but are not limited to:

1. Participation
2. Daily assignments
3. Paper/Project
4. Written exam

G. RCTC CORE OUTCOME(S) ADDRESSED:

Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None