

EASTERN ARIZONA COLLEGE
Introduction to Exercise Science and Physical Education
Course Design
2014-2015

Course Information

Division Health & Physical Education
Course Number HPE 210
Title Introduction to Exercise Science and Physical Education
Credits 3
Developed by Jim Bagnall
Lecture/Lab Ratio 3 Lecture/0 Lab

Transfer Status

ASU	NAU	UA
KIN Dept Elective, EXW Dept Elective	BIO Departmental Elective	PE Departmental Elective

Activity Course No
CIP Code 51.0800
Assessment Mode Pre/Post Test (43 Questions/50 Points)
Semester Taught Spring
GE Category None
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

Students interested in increasing their knowledge of the disciplines and professions associated with exercise science and kinesiology. Sports Studies degree requirement.

Description

An introduction to the disciplines and professions associated with exercise science/kinesiology including an overview of historical and philosophical foundations. Identical to HHP 210.

Supplies

None

Competencies and Performance Standards

1. Understand the evolution of the term kinesiology.

Learning objectives

What you will learn as you master the competency:

- a. Define kinesiology
- b. Discuss historical basis for name change
- c. Discuss the changing framework of physical education.

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner defines kinesiology
- learner explains historical basis for name change
- learner describes the changing framework of physical education

2. Describe the spheres of physical activity experience.

Learning objectives

What you will learn as you master the competency:

- a. Describe the spheres of physical activity
- b. Describe self-sufficiency, self-expression, health, and competition

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner describes the spheres of physical activity
- learner describes self-sufficiency as related to physical activity
- learner describes self-expression as related to physical activity
- learner describes health and competition as related to physical activity

3. Describe the components of subjective experiences and physical fitness.

Learning objectives

What you will learn as you master the competency:

- a. Describe the components of subjective experience and physical fitness
- b. Show an understanding of the five components of physical fitness

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner describes the components of subjective experience and physical fitness
- learner shows and understanding of the five components of physical fitness

4. Describe the field of biomechanics.

Learning objectives

What you will learn as you master the competency:

- a. Describe biomechanics
- b. Show an understanding of the field of biomechanics

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner describes biomechanics
- learner shows and understanding of the field of biomechanics

5. Discuss motor learning, motor behavior and its components.

Learning objectives

What you will learn as you master the competency:

- a. Define motor learning and motor behavior
- b. Discuss motor learning, motor behavior, and its components

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner defines motor learning
- learner discusses motor learning and its components

6. Explain exercise and sports psychology.

Learning objectives

What you will learn as you master the competency:

- Define and explain exercise
- Define sports psychology and show an understanding of its development

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner defines and explains exercise
- Learner defines sports psychology and shows an understanding of its development

7. Discuss the nature of teaching and coaching physical activities.

Learning objectives

What you will learn as you master the competency:

- a. Discuss the nature of teaching physical education and activities
- b. Discuss the nature of coaching sports and fitness

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner discusses the nature of teaching physical education and activities
- learner discusses the nature of coaching sports and fitness

8. Discuss career opportunities beyond the public school systems.

Learning objectives

What you will learn as you master the competency:

- a. Show an understanding of career opportunities in physical fitness beyond the public school systems
- b. Show an understanding of career opportunities in kinesiology beyond the public school systems
- c. Show an understanding of career opportunities in health education beyond the public school systems

Performance Standards

Competence will be demonstrated:

- by participating in class discussion

- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner shows an understanding of career opportunities in physical fitness beyond the public school systems
- Learner shows an understanding of career opportunities in kinesiology beyond the public school systems
- learner shows an understanding of career opportunities in health education beyond the public school systems

9. Discuss the history and sociology of physical activity.

Learning objectives

What you will learn as you master the competency:

- a. Define history and sociology of physical activity
- b. Discuss history and sociology of physical activity and its components

Performance Standards

Competence will be demonstrated:

- by participating in class discussion
- by completing chapter assignments
- by passing unit/chapter test
- by completion of the post-test at the end of the course

Criteria - Performance will be satisfactory when:

- learner discusses the history and sociology of physical activity

Types of Instruction

Classroom Presentation

Grading Information

Grading Rationale

Exams	30%
Observation/Clinicals	30%
Post Test	40%

Grading Scale

A	90% - 100%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	Below 60 %