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:

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>KIN Dept Elective, EXW Dept Elective</td>
<td>BIO Departmental Elective</td>
<td>PE Departmental Elective</td>
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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:*
   
   o by participating in class discussion
   o by completing chapter assignments
   o by passing unit/chapter test
   o by completion of the post-test at the end of the course

   *Criteria - Performance will be satisfactory when:*
   
   o learner defines kinesiology
   o learner explains historical basis for name change
   o 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:*
   
   o by participating in class discussion
   o by completing chapter assignments
   o by passing unit/chapter test
   o by completion of the post-test at the end of the course

   *Criteria - Performance will be satisfactory when:*
   
   o learner describes the spheres of physical activity
   o learner describes self-sufficiency as related to physical activity
   o learner describes self-expression as related to physical activity
   o 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:
- Describe biomechanics
- 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:
- Define motor learning and motor behavior
- 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
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**

<table>
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<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Exams</td>
<td>30%</td>
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<tr>
<td>Observation/Clinicals</td>
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<tr>
<td>Post Test</td>
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**Grading Scale**

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<tr>
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<tr>
<td>B</td>
<td>80% - 89%</td>
</tr>
<tr>
<td>C</td>
<td>70% - 79%</td>
</tr>
<tr>
<td>D</td>
<td>60% - 69%</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
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