Course Syllabus

Department: Physical Education  
Date: 10-8-2014

I. Course Prefix and Number: PE 187
   Course Name: Introduction to Physical Education and Coaching
   Credit Hours and Contact Hours: 3 credit hours and 3 contact hours

   Catalog Description including pre- and co-requisites:

   This is an introductory course in Physical Education and Coaching methodology. The prospective teacher and/or coach will learn the underlying philosophies, theories and techniques for planning, organizing, and managing programs. This course will include teaching and coaching experiences, observations, lesson plans, certification requirements, and career opportunities.

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:
   This course is required for the AS Physical Education and Exercise Science degree.

II. Course Student Learning Outcomes:

   The Student will:
   - Create appropriate teaching lessons for various audiences
   - Practice teaching peers and preschool students
   - Debate the importance of Physical Education and Athletics
   - Interview a PE teacher or coach to evaluate PE and/or coaching as a career possibility
   - Develop a personal philosophy with regard to teaching and/or coaching sport
   - Develop a pathway to achieve their long term career goals

   College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

   - [ ] writing
   - [x] oral communications
   - [ ] reading
   - [ ] mathematics
   - [x] critical thinking
   - [ ] computer literacy
   - [ ] ethics/values
   - [ ] citizenship
   - [ ] global concerns
   - [ ] information resources

III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): For each identified outcome checked, please provide the specific assessment measure.

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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</thead>
<tbody>
<tr>
<td>e.g.: writing</td>
<td>e.g.: student will complete a research paper</td>
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<tr>
<td>Writing</td>
<td>Student’s will complete a 5 page Career paper</td>
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<tr>
<td>Oral Communications</td>
<td>Student’s will be evaluated on 4 different teaching lessons</td>
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<tr>
<td>Critical Thinking</td>
<td>Student’s will compete in an oral debate</td>
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IV. Instructional Materials and Methods
   Types of Course Materials:
   Handouts, PowerPoints, & Videos
   Methods of Instruction (e.g. Lecture, Lab, Seminar …):
   Lecture, Video, PowerPoint, & Observation
   Labs- 2 Peer Teaching Experiences, 1 Adapted PE Lesson, 1 Pre-K Lesson, Fitness Testing, Activity Day, & Observations

V. General Outline of Topics Covered:
   • History of Physical Education and Athletics
   • Physical Education, Coaching, & Exercise Science Opportunities
   • Components of Physical Fitness
   • Lesson Planning
   • Certification
   • Coaching Athletics
   • Teaching and Coaching Effectiveness
   • Athletic Training
   • Adapted Physical Education
   • Health
   • Athletic Administration
   • Fitness Instruction
   • Physical Education and Coaching Philosophy