Course Syllabus

Department: Physical Education & Integrated Health Care
Date: April 2012

I. Course Prefix and Number: PE 206
   Course Name: Instructional Methods of Physical Fitness
   Credit and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description Including Pre- and Co-Requisites: This course is designed for Physical Education majors, coaches or students interested in pursuing a teaching profession. The course includes instruction for maintaining a healthy lifestyle and understanding the components of fitness. Emphasis will be placed on instructional techniques and methodology in order to help prepare the student to instruct concepts of physical fitness. Prerequisite: Physical Education majors must successfully complete PE 275 Instructional Practices of Physical Education. Students in an Education or related majors may also benefit from this class but are not required to complete PE 275.

II. Course Outcomes and Objectives:

Student Learning Outcomes:
The student will:
- Identify and apply the benefits of maintaining a healthy, active lifestyle.
- Identify basic anatomy and physiology of the cardiovascular, respiratory, musculoskeletal systems.
- Analyze their physical fitness levels
- Describe how to improve the basic components of physical fitness: cardiovascular condition, muscle flexibility, muscle strength and endurance, and body composition.
- Recognize the importance of the different phases of exercise and how to perform them in order to maximize outcome and reduce injury.
- Demonstrate instructional techniques and preparation of curricula within the field of physical education including development and implementation of unit and individual lesson plans.
- Demonstrate physical fitness techniques.
- Critique peer teaching performance.
- Analyze basic skill performance in physical fitness and implement ideas and concepts to improve skill level.

Relationship To Academic Programs and Curriculum:
The course will provide Physical Education majors and potential teachers the opportunity to understand physical fitness and wellness coupled with practical teaching techniques that will assist the student in preparation of becoming a teacher. This course will meet one credit of the two credit methods of instruction requirement for Physical Education majors or meet one credit of the college’s Physical Education requirement.
College Learning Outcomes Addressed by the Course:

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

III. Instructional Materials and Methods:

Types of Course Materials:
Handouts

Methods of Instruction (e.g. Lecture, Labs, Seminars ...):
Lecture
Lab consisting of student participation, demonstration and observation

IV. Assessment Measures (Summarize how the student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of evaluation must be communicated through the Course Outline that is given to the students the first week of the semester. Possible evaluation methods include: quizzes, tests, collected assignments, group activities, assigned papers, demonstration of skills and teaching performance. Such evaluations and related assignments will develop critical thinking techniques, develop writing skills and communication skills, along with developing an appreciation of lifetime physical activity while improving professional competency of potential teachers.

V. General Outline of Topics Covered:
Muscular strength
Muscular endurance
Flexibility
Body composition
Cardiovascular endurance
Assessments of fitness levels
Injury prevention and Safety techniques
Instructional techniques and teaching practices
Development of a fitness program
Unit plans and lesson plans
Student practice teaching