HPE 187 Introduction to Physical Education and Coaching

General Information

Date
May 24th, 2018

Author
Eric Marsh

Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
187

Course Title
Introduction to Physical Education and Coaching

Course Information

Credit Hours
3

Lecture Contact Hours
3

Lab Contact Hours
0

Other Contact Hours
0

Catalog Description
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.

Key Assessment
This course contains a Key Assessment for the AS Physical Education and Exercise Science program
Prerequisites
None

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course is designated as satisfying the outcomes applicable for status as a First Year Experience

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality
Inquiry
Perseverance
Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Practice creating and teaching physical education lesson plans.

2. Debate the importance of physical education and athletics.

3. Develop a pathway to achieve their long term career goals (eg. identify campus resources, identification of career and transfer opportunities).

4. Describe professional certification requirements.

Outline of Topics Covered

I. History of Physical Education and Athletics

II. Physical Education, Coaching, & Exercise Science Opportunities
III. Components of Physical Fitness
IV. Lesson Planning
V. Certification requirements for career opportunities
VI. Coaching Athletics
VII. Teaching and Coaching Effectiveness
VIII. Athletic Training
IX. Adapted Physical Education
X. Health education and certification
XI. Athletic Administration
XII. Fitness Instruction and design
XIII. Physical Education and Coaching Philosophy