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Revised: 1990, 1998, 2001, 2004, 2008, 2011, 2013



# **Alabama**

## **Department of**

### **Postsecondary Education**

#### ***Representing Alabama's Public Two-Year College System***

*Jefferson State Community College*

#### **PED 200**

#### **Foundations of Physical Education**

- I. **PED 200 Foundations of Physical Education – 3 Semester Hours**
  
- II. **Course Description**

In this course the history, philosophy, and objectives of health, physical education and recreation are studied with emphasis on the physiological, sociological, and psychological values of physical education. It is required of all physical education majors.
  
- III. **Prerequisite**

None required
  
- IV. **Textbook**

Determined by the Instructor.
  
- V. **Course Objectives**
  - A. The student will indicate knowledge of historical foundations of physical education and sport.
  - B. The student will develop a meaningful philosophy of physical education and sport.
  - C. The student will indicate knowledge of objectives of physical education and sport.
  - D. The student will develop a philosophy of teaching physical education and sport as a career.
  - E. The student will indicate knowledge of issues and challenges in physical education and sport.
  - F. The student will indicate knowledge of professional organizations in physical education and sport.

- G. The student will indicate knowledge of psychological foundations of physical education and sport.
- H. The student will indicate knowledge of sociological foundations of physical education and sport.
- I. The student will indicate knowledge of biomechanical foundations of physical education and sport.

**VI. Course Outline of Topics**

- A. Meaning and Scope of Physical Education, Exercise Science, and Sport Programs
- B. Philosophy, Goals, and Objectives
- C. Role in Society
- D. Historical Foundations
- E. Motor Behavior
- F. Biomechanical Foundations
- G. Exercise Physiology and Fitness
- H. Sociological Foundations
- I. Sport and Exercise Psychology
- I. Sport Pedagogy
- J. Career and Professional Development
- K. Teaching and Coaching Careers
- L. Fitness and Health Related Careers
- M. Sport Careers
- N. Issues, Challenges, and Future Trends

**VII. GENERAL COURSE COMPETENCIES:**

- A. The student will indicate knowledge of historical foundations of physical education and sport.
- B. The student will develop a meaningful philosophy of physical education and sport.
- C. The student will indicate knowledge of objectives of physical education and sport.
- D. The student will develop a philosophy of teaching physical education and sport as a career.
- E. The student will indicate knowledge of issues and challenges in physical education and sport.
- F. The student will indicate knowledge of professional organizations in physical education and sport.
- G. The student will indicate knowledge of psychological foundations of physical education and sport.
- H. The student will indicate knowledge of sociological foundations of physical education and sport.

- I. The student will indicate knowledge of biomechanical foundations of physical education and sport.

#### **VIII. COURSE OBJECTIVES STATED IN PERFORMANCE TERMS:**

- A. The student will indicate knowledge of historical foundations of physical education and sport.
  1. The student will examine values of historical eras concerning physical education and sport.
- B. The student will develop a meaningful philosophy of physical education and sport.
  1. The student will identify differences between traditional and modern educational philosophies.
  2. The student will develop a personal philosophy of physical education and sport.
- C. The student will indicate knowledge of objectives of physical education and sport.
  1. The student will define the term "objective".
  2. The student will develop priorities for objectives of physical education and sport.
  3. The student will demonstrate expertise in obtaining information concerning objectives in physical education and sport.
- D. The student will develop a philosophy of teaching physical education and sport as a career.
  1. The student will identify benefits associated with teaching physical education and sport.
  2. The student will discuss effectiveness in teaching physical education and sport.
- E. The student will indicate knowledge of issues and challenges in physical education and sport.
  1. The student will identify current issues in physical education and sport.
  2. The student will discuss values gained from participation in physical education and sport.

- F. The student will indicate knowledge of professional organizations in physical education and sport.
  - 1. The student will identify personal qualities needed for leadership in professional organizations.
  - 2. The student will discuss purposes of allied professional organizations as they relate to physical education and sport.
- G. The student will indicate knowledge of psychological foundations of physical education and sport.
  - 1. The student will identify stages of learning in physical education and sport.
  - 2. The student will discuss motor learning concepts related to physical education and sport.
- H. The student will indicate knowledge of sociological foundations of physical education and sport.
  - 1. The student will discuss the role of physical education and sport in American culture.
  - 2. The student will identify sociological values of participation in physical education and sport.
- I. The student will indicate knowledge of biomechanical foundations of physical education and sport.
  - 1. The student will discuss growth and use of biomechanics.
  - 2. The student will discuss biomechanical analysis as related to movement, stability, motion, leverage and force.

**IX. Evaluation and Assessment**

Grades are based on:

**A. Periodic exams**

**B. Final exams**

**C. Assignments**

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

**X. Class Activities**

- A. Lectures/Study Questions
- B. Outside readings/Textbook Assignments
- C. Audio-visual aids

## **XI. Attendance**

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

## **XII. Statement on Discrimination/Harassment**

The College and the Alabama State Board of Education are committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment or discrimination will not be tolerated.

## **XIII. Americans with Disabilities**

The Rehabilitation Act of 1973 (Section 504) and the Americans with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. The ADA Accommodations office is located in FSC 300 (205-856-7731).