



Alabama Community College System

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.

Prerequisite

As required by program

III. Textbook

This course uses: Foundations of Physical Education, Exercise Science, and Sport. 21st Edition and the CONNECT digital platform.

Book: Foundations of Physical Education, Exercise Science, and Sport. 21st Edition
McGraw Hill Publishing
Jennifer L. Watson-Fisette / Deborah A. Wuest

ISBN#: 978-126-528-5197

Students must purchase a book. Required Not Optional

IV. Course Learning Outcomes

By the end of the course, students will be able to:

1. identify the physiological, sociological, and psychological principles of physical education.
2. examine the history of health, physical education, and recreation.
3. evaluate teaching philosophies that emphasizes health, physical education and recreation.
4. identify careers in health, physical education, and recreation in society.

V. Course Outline of Topics

1. History of Health and Physical Education
2. Domains of Learning
3. Duties and Roles of Health, Physical Education, and Recreation Careers
4. Teaching Philosophy
5. Classroom Management Strategies

VI. Evaluation and Assessment

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

VII. 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.

VIII. Statement on Discrimination/Harassment

It is the official policy of the Alabama Community College System and entities under its control, including all Colleges, that no person shall be discriminated against on the basis of any impermissible criterion or characteristic, including, without limitation, race, color, national origin, religion, marital status, disability, sex, age, or any other protected class as defined by federal and state law. (ACCS Policies 601.02 and 800.00)

IX. 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.