

# Dakota County Technical College

## EXER 1000: Introduction to Human Performance Studies

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduction and orientation to the fields of and related to physical education, sports management and exercise science. Includes an overview of aims, objectives, values, issues, qualifications and opportunities in related professions as well as a brief historical perspective of sport as an industry. Prerequisites: None.

**B. COURSE EFFECTIVE DATES:** 08/21/2003 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Review disciplines and profession in field of human performance
2. Identify and discuss various names applied to field and efficacy of each
3. Explore general career paths in the field, including academic degrees and different approaches to education
4. Define, discuss and explain careers in personal training and fitness centers
5. Define, discuss and explain careers exercise science
6. Define, discuss and explain careers in physical education (teaching)
7. Define, discuss and explain careers in sports management
8. Define, discuss and explain careers in athletic training
9. Define, discuss and explain careers in community recreation
10. Explore outcomes of earning a bachelors degree in the field
11. Explore outcomes of earning a degree for immediate employment
12. Comprehend, analyze, identify and explain the foundations of sport as applied to sport and recreational fields.
13. Explain role of motor skills and physical fitness related to studied fields.
14. Discuss the nature of disciplinary knowledge and its sub-disciplinary areas
15. Discuss factors of success in professions associated with the field.
16. Write logically and clearly concerning key topics in the field.
17. Locate and use key resources in the field.
18. Identify leaders in the field, past and current, and understand how they influenced the field
19. Explain the philosophies, which underlie the field and relate the philosophies to current practice.
20. Study and overview the anthropological, historical, physiological, etc. perspectives and contributions to discipline of human performance studies
21. Plan a course of study leading to graduation in department.

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted