

# Bemidji State University

## PHED 2100: Foundations of Physical Education, Exercise Science, and Sport

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

A critical examination of the history, people, events, programs and philosophical positions that have led to the current status of physical education, fitness and sport in the United States. Students will be provided with up-to-date information about physical education and its diverse sub-fields as well as an introduction to career roles and preparation for professional service in all areas of physical education, kinesiology and exercise science.

**B. COURSE EFFECTIVE DATES:** 08/02/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic concepts of sport exercise science, and physical education.
2. History of physical education, exercise science, and sports in the U.S.
3. Relevant issues and career opportunities

### D. LEARNING OUTCOMES (General)

1. become conversant with the professional materials available, and develop the library and computer skills necessary to explore issues and topics in sports, exercise science, and physical education.
2. explore the scientific and scholarly sub-disciplines developed in the field of physical education, exercise science, & sport.
3. study the history and changing philosophies of the profession of physical education, exercise science, & sport in the United States.
4. examine the basic concepts, current state of development, relevant issues and career opportunities in sport, exercise science, and physical education.
5. conduct a constructive self-evaluation of personal qualities and job-related strengths and weaknesses.
6. demonstrate general skills in written and oral communication, problem-solving, and critical thinking.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted