

Common Course Outline
PEMJ 101
Orientation to Physical Education, Recreation and Health
3 Credits

The Community College of Baltimore County

Description

Orientation to Physical Education, Recreation and Health

Introduces physical education as a profession emphasizing its nature, relationship to general education, and opportunities for employment; enables freshman physical education majors to enhance their understanding of the profession and their career choices.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. Identify the goals and objectives of physical education and describe methods of achieving each.
2. Demonstrate knowledge of the historical development of movement, military training, sport, and dance.
3. Identify events that have served as a catalyst in the growth of physical education and sport.
4. Define Exercise Physiology and describe its importance to the practitioner.
5. Describe the importance of Biomechanis and describe the techniques used to analyze motion.
6. Describe the components of movement and perform basic locomotor, nonlocomotor, and manipulative skills.
7. Compare and contrast the philosophies of Realism, Idealism, Pragmatism, Naturalism, and Existentialism.
8. Identify laws providing for disabled students and disabled athletes.
9. Describe the emergence of opportunities for girls and women in sport in the United States.
10. Identify the strengths and weaknesses of youth sport programs.
11. Demonstrate knowledge of liability in physical education and sport.
12. Describe the career opportunities in teaching, fitness, management, media and coaching areas.

Major Topics

1. Meaning and philosophy of physical education and sport.
2. Objectives for education and the field of physical education and sport.
3. Movement: components, concepts, movement exploration and movement education.
4. Historical foundations of physical education and sport.
5. Biomechanical foundations of physical education and sport.
6. Exercise physiology and fitness.
7. Sociological foundations of physical education and sport.
8. Psychological foundation of physical education and sport.
9. Youth sports.
10. Disabled students and athletes.
11. Gender equity.
12. Teaching and coaching careers.
13. Fitness and health related careers.
14. Sports careers in management, media, and performance.

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Written exams and quizzes.
2. Semester project.
3. Reading assignments.

Other Course Information (sample)

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

1. This course is designed for students majoring in physical education.
2. Reading skill 1 is a prerequisite for this course.
3. This course is offered in the fall semester only.