



Purpose: It is the intention of this Administrative-Master Syllabus to provide a general description of the course, outline the required elements of the course and to lay the foundation for course assessment for the improvement of student learning, as specified by the faculty of Wharton County Junior College, regardless of who teaches the course, the timeframe by which it is instructed, or the instructional method by which the course is delivered. It is not intended to restrict the manner by which an individual faculty member teaches the course but to be an administrative tool to aid in the improvement of instruction.

Course Title – Foundations of Kinesiology

Course Prefix and Number – PHED 1301

Department - Kinesiology

Division – Math & Science

Course Type: (check one)

- Academic General Education Course (from ACGM – but not in WCJC Core)
- Academic WCJC Core Course
- WECM course (This course is a Special Topics or Unique Needs Course: Y or N)

Semester Credit Hours # : Lecture hours# : Lab/other hours # **3:3:0**

Equated Pay hours for course - 3

Course Catalog Description – Orientation to the field of physical fitness and sport. Topics include the study and practices of activities and principles that promote physical fitness; acquaints those who plan to major in kinesiology with the nature and scope of this field of study. Includes the history, principles, and objectives of the field.

Prerequisites/Co requisites – THEA reading requirement met or concurrent enrollment in READ 0306 or 0307.

List Lab/ Other Hours
Lab Hours
Clinical Hours
Practicum Hours
Other (list)

Prepared by Peggy Fitt

Date 2-8-12

Reviewed by department head Gene Bahnsen

Date 2-8-12

Accuracy verified by Division Chair Kevin Dees

Date 2/8/2012

Approved by Dean of Vocational Instruction or Vice President of Instruction Lac

Date 11-9-12



I. Topical Outline – Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, clinical or other non-lecture instruction):

- I. Understanding the context of lifespan sport, fitness and physical education
 - a. Introduction
 - b. Philosophies
- II. Sport
 - a. Concepts of Sport
 - b. Programs and Professions
 - c. Issues of Sport
- III. Fitness
 - a. Measurements
 - b. Programs
 - c. Activities and Issues
- IV. Physical Education
 - a. Concepts
 - b. Health and Nutrition
 - c. Elementary and Secondary Programs
- V. Scholarly Study
 - a. Exercise physiology
 - b. Kinesiology and Biomechanics
 - c. Motor Behavior
 - d. Sport Sociology
 - e. Pedagogy
 - f. Humanities

II. Course Learning Outcomes

Course Learning Outcome	Method of Assessment
1. Define the basic concepts of sport, fitness, physical education, exercise physiology and kinesiology. 2. Create a teaching environment with creative techniques of instruction. 3. Recognized the scholarly study of the kinesiology and physical education discipline.	1. Midterm/Final exams. 2. Students will organize and instruct class in techniques of various physical education topics.(Student Presentation) Final exam.

III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.

Intro to Physical Education, Fitness, + Sports, 7th edition, Siedentop

IV. Suggested Course Maximum - 32

V. List any specific spatial or physical requirements beyond a typical classroom required to teach the course.

Students have to recreate a typical physical education class either in a gym setting or an outdoor setting.

VI. Course Requirements/Grading System – Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course

Departmental exit exam should be used as final exam.

Grading format is up to the instructor's discretion.

A=90-100

B=80-89

C=70-79

D=60-69

VII. Curriculum Checklist

- **Academic General Education Course** (from ACGM – but not in WCJC Core)
No additional documentation needed

- **Academic WCJC Core Course**
Attach the Core Curriculum Checklist, including the following:

- Basic Intellectual Competencies
- Perspectives
- Exemplary Educational Objectives

- **WECM Courses**
If needed, revise the Program SCANS Matrix & Competencies Checklist.