Course Syllabus

PHED 1146, 1147, 2146, 2147 – Western Activities

Catalog Description:  Lecture hours = 0, Lab hours = 3

Prerequisites: None

Semester Credit Hours: 1
Lecture Hours per Week: 0
Contact Hours per Semester: 45
State Approval Code: 36.0108.51 23

Course Subject/Catalog Number: PHED 1146, 1147, 2146, 2147
Course Title: Western Activities

Course Curriculum: State Criteria (those marked with an X reflect the state-mandated competencies taught in this course)

Basic Intellectual Competencies in the Core Curriculum
☐ Reading
☐ Writing
☐ Speaking
☒ Listening
☒ Critical thinking
☐ Computer literacy

Perspectives in the Core Curriculum
☐ Establish broad and multiple perspectives on the individual in relationship to the larger society and world in which he/she lives, and to understand the responsibilities of living in a culturally and ethnically diversified world.
☐ Stimulate a capacity to discuss and reflect upon individual, political, economic, and social aspects of life in order to understand ways in which to be a responsible member of society.
☒ Recognize the importance of maintaining health and wellness.
☐ Develop a capacity to use knowledge of how technology and science affect their lives.
☒ Develop personal values for ethical behavior.
☒ Develop the ability to make aesthetic judgments.
☐ Use logical reasoning in problem solving.
☐ Integrate knowledge and understand the interrelationships of the scholarly disciplines.
Instructional Goals and Purposes:

Panola College’s instructional goals include: 1) creating an academic atmosphere in which students may develop their intellects and skills; and 2) providing courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

General Course Objectives:

Successful completion of this course will promote the general student learning outcomes listed below. The student will be able to:

1. Develop an understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Understand how to safely participate in an activity program.
3. Develop good principles in movement and technique to maximize learning and progress.
4. Develop physical skills that also enhance the student’s psychological and emotional well being.

Specific Course Objectives:

Upon successful completion of the course the student will:

1. Improve muscular flexibility and endurance.
2. Understand importance of safety involved in a variety Western Activities.
3. Learn fundamental skills involved in a variety of Western Activities.
4. Understand the rules and etiquette involved in Western Activities.

Course Content:

Course content will include participation in a variety of Western Activities.

Methods of Instruction/Course Format/Delivery:

Faculty may choose from, but are not limited to, the following methods of instruction: lecture, demonstration, discussion, internet, television/video presentation, field trips, collaborations and readings.
**Assessment:**

Faculty may assign both in- and out-of-class activities to evaluate student’s knowledge and abilities. Faculty may choose from the following methods:

1. Attendance
2. Skills Tests
3. Collaborative learning projects
4. Exams/tests/quizzes
5. Oral presentations
6. Research papers
7. Written assignments

**Course Grade:**

Final grades are determined by the following grading scheme:

- A = 100 – 90
- B = 89 – 80
- C = 79 – 70
- D = 69 – 60
- F = 59 or below

**Texts, Materials, and Supplies:**

Students should be prepared for physical activity each class period. It is important to have appropriate clothing and footwear each class.

**Other:**

- For current texts and materials, use the following link to access bookstore listings: [http://www.panola.edu/collegestore.htm](http://www.panola.edu/collegestore.htm)
- For testing services, use the following link: [http://www.panola.edu/instruction/dl/testing.htm](http://www.panola.edu/instruction/dl/testing.htm)