Course Syllabus

PHED 1164- Introduction to Physical Fitness & Sport

Revision Date: 01/09/2014

Catalog Description: Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness.

Lecture hours = 3, Lab hours = 0

Prerequisites: none

Semester Credit Hours: 1
Lecture Hours per Week: 3
Lab Hours per Week: 0
Contact Hours per Semester: 48
State Approval Code: 3105015223

Core Components and Related College Student Learning Outcomes
This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. ☒ Yes ☐ No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course IF this is a CORE course:

☐ Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
   ☐ CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
   ☐ CT2: Gather and assess information relevant to a question
   ☐ CT3: Analyze, evaluate, and synthesize information

☐ Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
   ☐ CS1: Develop, interpret, and express ideas through written communication
   ☐ CS2: Develop, interpret, and express ideas through oral communication
   ☐ CS3: Develop, interpret, and express ideas through visual communication

☐ Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
   ☐ EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
   ☐ EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion

☐ Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
   ☐ TW1: Integrate different viewpoints as a member of a team
TW2: Work with others to support and accomplish a shared goal

Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
PR1: Evaluate choices and actions and relate consequences to decision-making

Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
SR1: Demonstrate intercultural competence
SR2: Identify civic responsibility
SR3: Engage in regional, national, and global communities

Instructional Goals and Purposes:
The purpose of this course is to 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

Learning Outcomes: [from the ACGM catalog]
After studying all materials and resources presented in the course, the student will be able to:

1. Understand the importance of fitness, health and nutrition throughout a person’s lifespan.
2. Understand the differences between health-related fitness and skill-related fitness.
3. Be able to measure the four components of health-related fitness.
4. Gain an appreciation for making healthy lifestyle choices.

Course Content:
Course content will be taken from the adopted text, along with supplemental information provided by the instructor.

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:
Exams
Collaborative Learning Projects
Oral Presentations
Research Papers
Skills Test

Course Grade:
The grade for this course will be based on an average of the activities in the “assessment” section.

Texts, Materials, and Supplies:
- textbook:
- other materials

Other:
- For current texts and materials, use the following link to access bookstore listings: http://www.panolacollegestore.com
- For testing services, use the following link: http://www.panola.edu/elearning/testing.html
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to http://www.panola.edu/student-success/disability-support-services/ for more information.
- Withdrawing from a course is the student’s responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.