

PE 209- INTRODUCTION TO PHYSICAL EDUCATION

INSTRUCTOR: TYSON AYE
PHONE: 355-6165
OFFICE: 758 (Hours: Mon & Wed 10:00-12:00pm)
E-MAIL: Tyson.aye@imperial.edu
CLASS DAYS & TIMES: MON & WED 1:30-2:55PM, ROOM 413
CREDIT UNITS: 3
TEXT: Foundations of Physical Education, Exercise Science, and Sport (17th Edition), Wuest.

20378

****BOOK IS ON RESERVE IN THE LIBRARY****

I. COURSE DESCRIPTION: This course is designed to give the prospective Physical Education Educator, Coach, or Fitness Leader the principles and organization of P.E., including opportunities and responsibilities associated with physical education leadership. Theory, History, and principles of physical education will be covered.

II. COURSE OBJECTIVES: Analyze the cultural influences and trends influencing Physical Education. Describe the professional responsibilities of the career Physical Educator. Explain the relationship between lifetime fitness, sports, and the P.E. school curriculum.

III. COURSE OUTLINE:

Week 1:	Introduction
Week 2:	Chapter 1- Meaning & Scope of P.E.
Week 3:	Chapter 2 – Philosophy, Goals, & Objectives
Week 4:	Chapter 3 – Role in Society
Week 5:	Chapter 4 – Historical Foundations
Week 6:	Chapter 5 – Motor Behavior
Week 7:	Chapter 6 – Biomechanical Foundations
Week 8:	Chapter 7 - Exercise Physiology and Fitness
Week 9:	Chapter 8 - Sociological Foundations, Midterm Exam
Week 10:	Chapter 9 - Sport and Exercise Psychology
Week 11:	Chapter 10 - Sport Pedagogy
Week 12:	Chapters 11- 15 Careers, Issues, Challenges, and Future Trends
Week 13:	Career Role Play Exercise
Week 14:	Career Role Play Exercise
Week 15:	Final Review
Week 16:	Final Exam

IV. GRADING:	Exams (2 total):	200pts.	Scale: A = 100 - 90%
	Attendance & Participation:	100pts	B = 89 - 80%
	Quizzes	100pts	C = 79 - 70%
	Class Assignments	<u>100pts</u>	D = 69 - 60%
	Total Points:	500 pts.	F= 59% and Below

V. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3rd absence can result in you being dropped.
2. Three tardies will be equivalent to one absence.
3. Any sign of plagiarism will result in action by Imperial Valley College.

NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building, (760)355-6312