

Montgomery County Community College
 ESW 100
 Foundations of Physical Education
 2-1-2

COURSE DESCRIPTION:

This course is designed to acquaint the student with the concepts of physical education as the study of Human Movement, motor development, and socialization of sport. Emphasis is placed on the ways body movement enhances growth, development, and wellness of the mind and body. Practical applications and activities will be included. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Analyze the definition of physical education and dimensions of human movement.	Fitness Assessments Class Discussion Presentations Lecture Written Assignments Written Exams Case Study	Exam Discussion Case Study
2. Apply the principles of exercise in physical development through training sessions including a wide variety of physical activity.	Fitness Assessments Class Discussion Presentations Organized Sports and Games Lecture Written Assignments Research Project Written Exams Case Study	Fitness Assessments Participation in Activities

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Apply correct body mechanics related to efficient and effective body movement during physical activity.	Fitness Assessments Class Discussion Presentations Organized Sports and Games Lecture Case Study	Participation in activities Fitness Assessments
4. Discuss a sequence of movements that are a part of normal growth and development beginning with age one.	Fitness Assessments Class Discussion Presentations Organized Sports and Games Lecture Written Assignments Research Project Written Exams Case Study	Exam Discussion Case Study
5. Discuss cultural patterns and philosophies that affect body movement when comparing the traditional western to eastern styles of human movement and physical activity and socialization into sport.	Fitness Assessments Class Discussion Presentations Organized Sports and Games Lecture Written Assignments Research Project Written Exams Case Study	Exam Research Project Presentation
6. Practice activities those are included in eastern and other cultures.	Fitness Assessments Class Discussion Presentations Organized Sports and Games Lecture Written Assignments Research Project Written Exams Case Study	Participation in Activities Research Project Presentation

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- I. Human Movement For Experiencing And Learning
 - A. Sequence of Motor Development
 - B. Some Generalizations about Learning
 - C. Two Models for Skill Acquisition
 - D. Learning Styles
 - E. Perception and Personality
 - F. Developmental and Motor-Perceptual Activities
 - G. Self-Testing in Perception and Cortical Hemispheric Dominance
 - H. Motor-Perceptual Self-Testing (Using Laboratory Equipment)
- II. Human Movement For Communication And Expression
 - A. Importance of Nonverbal Communication
 - B. Mannerisms and Gestures
 - C. Sensitivity and Self-Awareness Exercises
 - D. Activities in Nonverbal Communication and Physical-Sensory Awareness
- III. Human Movement For Exercise
 - A. Introduction to Physical Fitness
 - B. Principles of Exercise
 - C. Physiological Bases of Exercise
 - D. Various Programs of Exercise and Approaches to Fitness
 - E. Weight Control, Nutrition, Diet, and Exercise
 - F. Self Evaluation for Health and Body Appraisal
- IV. Human Movement For Play And Recreation
 - A. Some Basic Considerations about Recreation
 - B. Theories of Play
 - C. Anatomical and Physiological Differences between Males and Females
 - D. Sport and Culture – Individual's Use of Sport
 - E. New Games
- V. Implementation Of Cultural Diversity
 - A. Sociology of Sport and Physical Education
 - B. Sex and Sports
 - C. Race, Sport, and Physical Education
 - D. Economics of Sports
 - E. Sports and Education
 - F. Sports and Character
 - G. Gender and Physical Exercise Habits
 - H. Age and Physical Exercise Habits
 - I. Socioeconomic Status and Physical Exercise Habits

LEARNING MATERIALS:

Lifelong Motor Development, Carl P. Gabbard; 7th edition (2018), Philadelphia, PA: Wolters Kluwer

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn	Date: 8/1998
Revised by: Marie Cantwell and Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009
Revised by: Dr. Anne Livezey	Date: 6/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/18/2012
Revised by: Dr. Anne Livezey	Date: 12/16/2017
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.