History and Foundations of Physical Education

Outline of Instruction

Course Information
Development Date 4/16/2009
Course Number HPE 159
Total Credits 2

Description
This course introduces students to the history, philosophy, and foundations of physical education and sport. From the ancient non-western civilizations to current times, students will learn the contributions of cultures, individuals and events to the physical education and sport field. Through lecture, reading sources and class discussions, students will gain a better understanding of the physical education disciplines, the scope of related physical education disciplines, and the future direction for physical education and sport.

Major Units
I. Dilemma of Our Time
II. History and Development of Physical Education and Sport
III. Philosophy, Principles, and Scope of Physical Education and Sport Studies
IV. Selecting a Career in Physical Education and Sport Field
V. The Changing Nature and Direction of Physical Education and Sport.

Types of Instruction

<table>
<thead>
<tr>
<th>Instruction Type</th>
<th>Contact Hours</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>30</td>
<td>2</td>
</tr>
</tbody>
</table>

Prerequisites
NONE

Course Outcomes
1. Define terms and principles associated with physical education, sport and fitness.
2. Recognize the relationship of physical inactivity to the development of obesity and the impact of obesity on the quality of life and overall health
3. Identify the contributions of ancient man's activities and survival skills, and Greek, Roman, and European culture, to the physical education and sport field.
4. Identify the growth of physical education and sport in early American culture through the 20th century.
5. Appreciate and respect the importance of modern physical education and sport as a growing and essential profession in society.
6. Appreciate the aesthetics of the human body and its kinesthetic value to the field of physical education, sport and, fitness.
7. Compare different philosophical schools of thought as they relate to physical education, sport, and fitness.

8. Describe the impact of physical education, sport, and fitness on the ability of individuals to make healthy life choices that improve overall well-being.