

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: PHYSICAL EDUCATION

CODE NO.: Ed 100 SEMESTER: Fall 1992

PROGRAM: TEACHER ASSISTANT PROGRAM

AUTHOR: FRAN ROSE

DATE: September 1992 PREVIOUS OUTLINE DATED: Fall 1990

APPROVED: *H. DeRosario*  
CHAIRPERSON

DATE: *Aug. 25/92.*

COURSE NAME:

Physical Education

CODE NO.

Ed 100

TOTAL CREDIT HOURS:

PREREQUISITE(S):

**I. PHILOSOPHY/GOALS:**

In this course the student will learn how physical education programs can enhance the development of children in integrated school settings. Concepts covered will include: fitness, social skills development, human motor development and motor learning. Students will develop leadership skills through active participation and peer teaching.

This course will be 45 hours in length. Fifteen hours in the classroom and thirty (30) hours in the gymnasium. Gymnasium activities will require comfortable clothing (shorts, & T shirt) and proper athletic footwear. An all purpose athletic shoe is a adequate (ie aerobic shoe)

**Times**

Gymnasium - Tuesday 8:30 - 10:30 am

Class - Tuesday 1:30 - 2:30 pm

**STUDENT PERFORMANCE OBJECTIVES:**

Upon successful completion of this course the student will:

1. Have a basic understanding of human motor development.
2. Understand the theories of motor learning and they are demonstrated in the learning of fundamental movement skills.
3. Understand the components of fitness and how to increase fitness levels through a variety of activities.
4. Understand how physical education programs can enhance the development of social skills.
5. Demonstrate the leadership skills needed to lead small groups in safe activities that develop fitness, social and movement skills.
6. Understand the fundamentals of different classifications of activities that are components of the physical education program (ie) games of low organization, creative dance, folk and social dance.

**III. TOPICS TO BE COVERED:**

Upon completion of this course the student will:

LEARNING ACTIVITIES

(Optional)

Section One

Physical Education Program

Understanding the value of physical education.

Overview of developmental domains.

Overview of objectives of physical education

Intro to activities of P.E.

Section Two

Motor Learning, Human Motor Development

Understanding the theory of motor learning

Understanding development domain of gross and fine motor skills

Understand reflexes and progression

sym

Section Three

Fundamentals Movement Skills

a) Understand application of motor learning

to learners of movement skills

b) Progression of skills

c) Understanding and conducting mechanical skill analysis

Section Four

Fitness

a) Understanding classification of body types and implication

b) Understanding components of fitness

c) Programming fitness activities

d) Safety practices

e) Body mechanics

Section Five

Developing Social Skills

a) Understanding the development of behaviors and social interaction skills

b) Program planning and strategies

c) Class management

Section Six

Activities

a) Individual activities

b) Dance & rhythmic activities

REQUIRED RESOURCES

Text

Chapters 1-3 & 9

Chapters 5

Supplementals

Human Motor Development

Payne & Isaacs

2nd Edition

Mayfield Publishing

Chapter 10 & 11

Chapter 11

HMD

Chapter 13

Chapter 14 and handouts

Chapters 6,7,8,10 & 13

Chapters 15-30

Resource

Physical Education

COURSE NAME

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V. EVALUATION METHODS: (INCLUDES ASSIGNMENTS, ATTENDANCE REQUIREMENTS ETC.)

Evaluation

A+	90 - 100
A	80 - 89
B	70 - 79
C	60 - 69
R	Below C (Below 60 - Repeat Course)
X	Incomplete (complete agreement with instructor)

Breakdown

5 x 10% =	50% presentations
	1 x game (low organization)
	1 x dance
	1 x fitness activity
	1 x movement education
	(creative dance, gymnastics or other)
	1 x lead up drill for sport
10%	Class presentation (mini seminar)
20%	mid term (section one - four)
20%	attendance

100%

VI. REQUIRED STUDENT RESOURCES

Moving and Learning: (text and lesson plan resource)  
Beverly Nichols Ph.d  
Times Mirror/Mosby College Publishing 1990

VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY BOOK SECTION:

Periodical Section

Magazines  
Articles

Audiovisual Section

Films  
Filmstrips  
Transparencies

VIII. SPECIAL NOTES:

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.