



MASTER COURSE OUTLINE

A. PHED 2160 Intro to Human Performance Studies

B. COURSE DESCRIPTION:

This course is an introduction to exercise science, physical education (K-12 teaching) and sport, as well as other related human performance studies. History, philosophy, ethics and values, as well as career opportunities, and trends in these related fields will also be covered. **(2 Cr – 2 lect, 0 lab)**

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

1. Physical education field
2. History of physical education, exercise science and sport
3. Nature and scope of physical education, exercise science and related fields
4. Ethics, values and concerns
5. Careers in physical education, exercise science, fitness and sport
6. Philosophical issues
7. Role of society and future trends

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	<ol style="list-style-type: none"> 1. apply critical thinking skills to the field of human performance. 2. discuss various career opportunities within the field of exercise science, physical education and human performance related studies.
<u>CS</u>	understand the history, along with past and current trends in exercise science, physical education and related fields.	<ol style="list-style-type: none"> 1. discuss the historical and philosophical foundations of these fields.

		2. identify the exercise science and physical education field and trends through research, interviewing, comparing and contrasting philosopher models.
<u>CS</u>	recognize role of human performance and sport in society and education.	1. discuss and identify key factors that impact society through human performance fields.
<u>CS</u>	understand career opportunities available; and qualifications and required competencies associated with certifying agencies in exercise science and physical education.	1. identify field requirements for employment. 2. differentiate the various professional organizations and certifying agencies within the fields.
<u>CS</u>	gain perspective regarding leadership, professional development and employment.	1. identify professional expectations of employment within the field of exercise science and/or physical education. 2. understand the perspectives through interviewing and testing material and mock resume building.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or cassette tape, upon request.

H. COURSE CODING INFORMATION:

Course Code A/Class Maximum 48; Letter Grade

Revision date: 12/21/09; 09/01/16; 01/08/18; 03/28/24

AASC Approval date: 02/20/18; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland