

# **COURSE OUTLINE**

## **EXSC-100**

### **Introduction to Physical Education**

1 Semester Hour

## **HOWARD COMMUNITY COLLEGE**

### **Description**

This course is designed to present the basic concepts and physical skills necessary for basic instruction of movement activities at the elementary education level. The student will participate in and develop leadership skills for instructing such activities. (1 hour weekly)

### **Overall Course Objectives**

Upon completion of the course the student will be able to:

1. Describe the motor development from birth to 10 years of age.
2. Explain the role physical education plays in the health and fitness of children.
3. Identify the signs of inactivity, and their relationship to disease.
4. Demonstrate basic skills and activities for developing motor development.

### **Major Topics**

1. The history of physical education in the U.S.
2. The role physical education plays in health and fitness.
3. The stages of motor development across the lifespan.
4. Basic movement skills.
5. Motor development activities.

### **Course Requirements**

Grading and course requirements will be in the following areas:

1. Written tests
2. Written assignments
3. Teaching demonstration.
4. Demonstration of basic movement skills and activities.

### **Other Course Information**

Introduction to Physical Education is an elective.