



## Syllabus

### HPE 187 Introduction to Physical Education and Coaching

#### General Information

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**Date**

May 24th, 2018

**Author**

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**Department**

Physical Education and Integrated Health Care

**Course Prefix**

HPE

**Course Number**

187

**Course Title**

Introduction to Physical Education and Coaching

#### Course Information

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**Credit Hours**

3

**Lecture Contact Hours**

3

**Lab Contact Hours**

0

**Other Contact Hours**

0

**Catalog Description**

This is an introductory course in Physical Education and Coaching methodology. The prospective teacher and/or coach will learn the underlying philosophies, theories and techniques for planning, organizing, and managing programs. This course will include teaching and coaching experiences, observations, lesson plans, certification requirements, and career opportunities.

**Key Assessment**

This course contains a Key Assessment for the AS Physical Education and Exercise Science program

**Prerequisites**

None

**Co-requisites**

None

**Grading Scheme**

Letter

## First Year Experience/Capstone Designation

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This course is designated as satisfying the outcomes applicable for status as a  
First Year Experience

## SUNY General Education

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This course is designated as satisfying a requirement in the following SUNY Gen Ed category  
None

## FLCC Values

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**Institutional Learning Outcomes Addressed by the Course**

Vitality  
Inquiry  
Perseverance  
Interconnectedness

## Course Learning Outcomes

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**Course Learning Outcomes**

1. Practice creating and teaching physical education lesson plans.
2. Debate the importance of physical education and athletics.
3. Develop a pathway to achieve their long term career goals (eg. identify campus resources, identification of career and transfer opportunities).
4. Describe professional certification requirements.

## Outline of Topics Covered

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- I. History of Physical Education and Athletics
- II. Physical Education, Coaching, & Exercise Science Opportunities

- III. Components of Physical Fitness
- IV. Lesson Planning
- V. Certification requirements for career opportunities
- VI. Coaching Athletics
- VII. Teaching and Coaching Effectiveness
- VIII. Athletic Training
- IX. Adapted Physical Education
- X. Health education and certification
- XI. Athletic Administration
- XII. Fitness Instruction and design
- XIII. Physical Education and Coaching Philosophy