Bemidji State University

PHED 1100: Skills for Life: [Activity]

A. COURSE DESCRIPTION

   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   An activity course that introduces the fundamental skills of a selected lifetime physical activity, including but not limited to development of skills, knowledge of safety and nomenclature, handling and maintenance of equipment (if applicable). [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/01/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

   1. Skill acquisition
   2. Rules, strategies, and nomenclature related to activity
   3. Safe behavior in activity context around equipment used
   4. Physical activity as a lifetime activity
   5. National standards for physical activity

D. LEARNING OUTCOMES (General)

   1. demonstrate proficient execution of the skills of the activity.
   2. understand and apply rules, strategies, and nomenclature of the activity.
   3. examine the importance of regular physical activity in their lifestyle.
   4. analyze their own physical activity behavior and compare it to a national standard.
   5. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
   6. demonstrate knowledge and experience the benefits of course's [Skill for Life] as a lifetime skill/physical activity.
   7. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

   None

F. LEARNER OUTCOMES ASSESSMENT

   As noted on course syllabus

G. SPECIAL INFORMATION

   None noted