

Inver Hills Community College

PHED 1124: Recreational Activities

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduces numerous recreational activities, which may include badminton, cross-country skiing, horseshoes, table tennis, darts, shuffleboard, Frisbee golf, bocce, Pickle Ball, and others.

B. COURSE EFFECTIVE DATES: 01/01/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Badminton
2. Bocce
3. Cross-country skiing
4. Darts
5. Equipment, Skills, and Rules presented for each activity
6. Frisbee Golf
7. Others
8. Pickle Ball
9. Table tennis

D. LEARNING OUTCOMES (General)

1. Apply rules and strategies in numerous recreational activities
2. Demonstrate proper care and maintenance of activity equipment
3. Demonstrate basic skills used in numerous recreational activities
4. Articulate the role of recreational activities in lifelong wellness

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted