

Inver Hills Community College

PHED 1199: Certifications in Physical Education

A. COURSE DESCRIPTION

Credits: 1,2

Lecture Hours/Week: 0

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites:

PHED 1100 - Introduction to Exercise Science

Corequisites: None

MnTC Goals: None

Allows student to earn credit for demonstrating knowledge and skill through a certification course from an organization, such as American College of Sport Medicine, National Strength and Conditioning Association, or National Dance Education Instructor Training Association. This course may be repeated for different certifications. Prereq: PHED 1100 and written permission of instructor.

B. COURSE EFFECTIVE DATES: 08/26/2004 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic physiology related to the activity
2. Introduction of the topic
3. Techniques involved in the activity
4. Training principles

D. LEARNING OUTCOMES (General)

1. Articulate information regarding the certification topic
2. Demonstrate proficiency in activities related to the certification
3. Describe how the certification course has improved their teaching or leadership abilities
4. Certification competency

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted