

# Inver Hills Community College

## **PHED 1100: Introduction to Exercise Science**

### **A. COURSE DESCRIPTION**

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduces the disciplines of physical education, kinesiology and exercise science and the professional opportunities in the fields. Significant historical events are presented and current issues in the disciplines are discussed. Students begin to develop a professional philosophy while beginning the process of career exploration and planning. This course is intended for students in the A.S. program for Physical Education or the A.S. degree in Exercise Science. This course will not meet the physical education requirement for the A.A. degree.

**B. COURSE EFFECTIVE DATES:** 08/23/2010 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. History of fitness and physical education 20%
2. Developing a professional philosophy 15%
3. Sub-disciplines within Kinesiology 10%
4. Professional organizations and certifying agencies 20%
5. Career Exploration 5%
6. Professional expectations 5%
7. Current issues in fitness 5%

### **D. LEARNING OUTCOMES (General)**

1. Discuss the historical and philosophical foundations of the exercise science field.
2. Discuss various career opportunities within the field of Exercise Science.
3. Differentiate the various professional organizations and certifying agencies within the field.
4. Identify professional expectations of employment within the field of exercise science.

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

None

### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

### **G. SPECIAL INFORMATION**

None noted