

**PE Integrated Course Outcome**  
**Sample Using One Student Learning Outcome**

PE 240 Theory of Physical Education, Fitness, and Sport

**Catalog Description:**

This course is designed to introduce students to the fields of physical education, exercise science, and allied health. The history and trends of physical education and the human movement sciences will be discussed. Also included in the class will be the career options covering areas such as exercise physiology, biomechanics, motor learning, sports pedagogy, sports sociology and related areas in athletic training, sport management and allied health.

**Student Learning Outcome:**

Differentiate the foundations of physical education, fitness, and sport

**Objectives:** *Not required for course outline; Can be used in Syllabi or green sheet*

1. Explain the basic concepts of sport, fitness, and physical education
2. Identify different programs and professions for sport, fitness and physical education.
3. Propose possible solutions to problems or issues in sport, fitness, or physical education.

**Course Content:**

1. Sport
  - a. Basic concepts of sport
  - b. Sport programs and professions
  - c. Problems and issues in sport
2. Fitness
  - a. Basic concepts of fitness
  - b. Fitness programs and professions
  - c. Problems and issues on fitness
3. Physical education
  - a. Basic concepts of physical education
  - b. Physical education programs and professions
  - c. Problems and issues in physical education

**Assignment**

*Course Outline:* Journal reviews from available physical education sources such as: JOHPHER, The Physical Educator, Research Quarterly, etc.

*May be used in syllabi or green sheet (Not required for course outline):* Locate articles specific to sport, fitness, and physical education in professional or research journals, sources such as: JOHPHER, The Physical Educator, Research Quarterly, etc. Write a review, which differentiates sport, fitness, and physical education.

**Evaluation** (*focus on individual student's work for grade*)

*Course Outline:* Written journal review

*Syllabi or Green Sheet:* State the standards or grading criteria to be used e.g., APA format, length, content guidelines.

**Assessment** (*Focus on groups of students; information used to improve the teaching/learning process; may not be a part of the course outline*)

85% of students will successfully meet the established grading criteria for the written journal review on the first attempt.