

Hagerstown Community College Official Master Syllabus Document

Spring: 2018

Course: Ped 198 Fundamental Fitness and Motor Skills

1 Credit

Instructor: John Whitman 240-313-2810/jwhitman@washco-md.net

Course Description: This course examines primary movement skills, developmentally appropriate fitness activities, and the relationship of movement and fitness to individual health. This course is a requirement for the Elementary AAT degree program. Course Fee required. Total of 30 contact hours.

Textbook: N/A (Journal Articles)

Student Learning Outcomes:

To understand basic developmental movement skills in relationship to age appropriate fitness and motor skill acquisition.

Identify the Components of Fitness and describe the relationship of fitness to individual health.

Hours Of Coursework:

Students required to complete a minimum of 37.5 hours of coursework per semester. These hours will be a combination of classroom and outside assignments such as observation and fitness practical training. Students should expect to do at least 2.0 hours of outside class work for each hour of in-class coursework.

Minimum Clock Hours:

In-Class Instruction: 5-7 Hours

Observation Hours: 15 Hours (Logged Time)

Fitness Hours: 10 Hours (Logged Time)

Article Reviews: (2) (6 Hours)

Reflective Essays: (2) (10 Hours)

Readings and Final: (5 Hours)

Course Content Objectives:

Observe and summarize various elementary physical education programs.

Evaluate past and present exercise habits and how they have affected physical capabilities within the 5 components of physical fitness.

Research Articles and write reviews in MLA format regarding elementary movement and fitness in children

Assessment Procedures:

Students are required to complete 15 hours of observations in an elementary physical education program. A 3-5 page written report must be submitted and an Oral Presentation will be given by each student.

Students are required to complete 10 hours of workouts. 5.0 of those hours must be completed in The HCC Fitness Center. The remaining hours may be completed at any other fitness facility.

Students will write a 2-3 page report summarizing their past and present fitness habits and workouts. Relate how your workouts incorporated the 5 components of physical fitness.

Students must complete 2 Article Reviews on Motor Skills or Fitness related topic.

Final Exam will be administered at the end of the semester which will be an essay format relating to the 2 main areas of coursework. Motor Skills and Fitness Components

Grading:

90-100 A 80-89 B 70-79 C 60-69 D 59 and lower F

By end of semester these items must be submitted:

15 Hours of Observation (Logged Time)

10 Hours (Logged) Past and Present fitness habits

Oral Presentation on Observation of Fitness Workouts

Completed Final Exam (Written Essay Exam)

Services for Students with Disabilities: Students may receive reasonable accommodations if they have a diagnosed disability and present appropriate documentation. Students seeking accommodations are required to contact the Disability Support Services (DSS) office as early as possible. Students may contact a DSS staff member for an appointment at dss@hagerstowncc.edu or at 240-500-2530.