

## **PEMJ 101**

### **Orientation to Physical Education, Recreation and Health**

3 Credits

Community College of Baltimore County  
Common Course Outline

#### **Description**

**PEMJ 101 – Orientation to Physical Education, Recreation and Health:** Introduces physical education as a profession emphasizing its nature, relationship to general education, and opportunities for employment; enables freshman physical education majors to enhance their understating of the profession and their career choices.

**Pre-requisites: Reading Skills 1**

#### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. Identify the goals and objectives of physical education and describe methods of achieving each;
2. Demonstrate knowledge of the historical development of movement, military training, sport, and dance;
3. Identify events that have served as a catalyst in the growth of physical education and sport;
4. Define Exercise Physiology and describe its importance to the practitioner;
5. Describe the importance of biomechanics and describe the techniques used to analyze motion;
6. Describe the components of movement and perform basic locomotor, non-locomotor, and manipulative skills;
7. Compare and contrast the philosophies of Realism, Idealism, Pragmatism, Naturalism, and Existentialism;
8. Identify laws providing for disabled students and disabled athletes;
9. Describe the emergence of opportunities for girls and women in sports in the United States;
10. Identify the strengths and weaknesses of youth sport programs;
11. Demonstrate knowledge of liability in physical education and sport; and
12. Describe the career opportunities in teaching, fitness, management, media, and coaching area.

#### **Major Topics**

- I. Meaning and philosophy of physical education and sport
- II. Objectives for education and the field of physical education and sport
- III. Movement: components, concepts, movement exploration and movement education
- IV. Historical foundations of physical education and sport
- V. Biomechanical foundations of physical education and sport

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- VI. Exercise physiology and fitness
- VII. Sociological foundations of physical education and sport
- VIII. Psychological foundation of physical education and sport
- IX. Youth sports
- X. Disabled students and athletes
- XI. Gender equity
- XII. Teaching and coaching careers
- XIII. Fitness and health related careers
- XIV. Sports careers in management, media, and performance

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Written exams and quizzes
- Semester project
- Reading assignments

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities, and preparing for tests.

This course is designed for students majoring in physical education.

This course is offered in the fall semester only.

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