

PEMJ 138

Introduction to Teaching Fitness and Wellness

3 Credits

Community College of Baltimore County

Common Course Outline

Description

PEMJ 138 – Introduction to Teaching Fitness and Wellness: examines the principles, concepts, and strategies of fitness programming in K-12 physical education classrooms. Students will develop strategies, obtain resources, and apply appropriate classroom activities for the implementation and assessment of developmentally appropriate lesson plans and standardized fitness testing for elementary and secondary classrooms.

Overall Course Objectives

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

1. describe the health and skill related components of fitness;
2. execute standardized fitness testing;
3. analyze data from fitness assessments;
4. develop sequential lesson plans for student fitness level improvement;
5. plan developmentally appropriate learning experiences aligned with state and national standards;
6. apply scientific and theoretical foundations of physical education to lesson plans;
7. apply common and specialized content knowledge to grade appropriate instruction;
8. discuss the use of effective resources, accommodations and/or modifications, technology and metacognitive strategies in lesson planning;
9. evaluate a variety of instructional models for fitness instruction;
10. demonstrate the ability to establish an effective learning environment through classroom management;
11. demonstrate competency in strategies to overcome barriers to physical fitness including time, resources, disability, age, socioeconomic status, gender, ethnicity, culture, and motivation;
12. demonstrate behavior that reflects professional ethics, practice, and cultural competence;
13. implement physiological, biomechanical, and motor learning principles as related to fundamental motor skills and skillful movement associated with physical education; and
14. demonstrate appropriate communication through the use of feedback, technology and instructional and managerial skills with respect and sensitivity for all students to enhance student learning.

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

Major Topics

- I. Introduction to developing the physically literate student
- II. Scientific and theoretical principles of Physical Education K-12
- III. Components and principles of health-related fitness
- IV. Becoming a reflective practitioner
- V. Classroom management and lesson planning
- VI. National, state, and local grade level standards and outcomes
 - a. SHAPE (Society of Health and Physical Educators)
- VII. Fitness program principles and administration K-12
- VIII. Fitness assessment, implementation, and analysis
- IX. Fitness activities K-12
 - a. Fitness
 - b. Nutrition
 - c. Wellness
- X. Professionalism, ethics, and advocacy

Course Requirements

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

- Two written exams
- One presentation of a lesson plan
- Active participation and skillful performance in content areas and health-enhancing fitness

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

This course is required for Physical Education majors.

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