

COURSE OUTCOME

A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity; one who values physical fitness and understands that both are related to health and well-being.

The vision is for all students to be physically educated and have fun while moving. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including the development of:

1. A variety of motor skills and abilities related to lifetime leisure activities
2. Improved understanding of the importance of maintaining a healthy lifestyle
3. Improved understanding of movement and the human body
4. Improved knowledge of rules and strategies of particular games and sports
5. Self-confidence and self-worth as they relate to physical education recreation programs.

STUDENT OUTCOMES

1. Students will develop competency in many movement activities.
2. Students will understand how and why they move in a variety of situations and use this information to enhance their own skills.
3. Students will achieve and maintain a health-enhancing level of physical fitness.
4. Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.
5. Students will demonstrate responsible personal behavior while participating in movement activities.
6. Students will demonstrate responsible social behavior while participating in movement activities. Students will understand the importance of respect for others.
7. Students will understand the relationship between history, culture and games.

PE TEACHING STANDARDS

These courses offer a comprehensive, standards-based program as the curriculum is designed to meet the following state standards for Physical Education:

1. Demonstrate knowledge and competency of movement patterns and strategies needed to perform a variety of physical activities.
2. Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

Career opportunities in the field of Physical Education

- Teacher
- Assistant Professor
- Director of Physical Education
- Sports Officer
- Sports Manager
- Physical Therapist
- Physical Education Trainer
- Health Educator
- Coach
- Fitness Instructor
- Sports Journalist
- Team Manager
- Sports Biomechanist
- Sports Scientist
- Yoga Instructor

And many more.....