INTRODUCTION TO HUMAN PERFORMANCE STUDIES — EXER 1000

A. Course Description

- Credits: 3.00
- Lecture Hours/Week: 3.00
- Lab Hours/Week: 0.00
- OJT Hours/Week: 0
- Prerequisites: None
- Corequisites: None
- MnTC Goals: None

Introduction and orientation to the fields of and related to physical education, sports management and exercise science. Includes an overview of aims, objectives, values, issues, qualifications and opportunities in related professions as well as a brief historical perspective of sport as an industry. Prerequisites: None.

B. Course Effective Dates: 8/21/03 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

1. Comprehend, analyze, identify and explain the foundations of sport as applied to sport and recreational fields.
2. Define, discuss and explain careers in exercise science
3. Define, discuss and explain careers in athletic training
4. Define, discuss and explain careers in community recreation
5. Define, discuss and explain careers in personal training and fitness centers
6. Define, discuss and explain careers in physical education (teaching)
7. Define, discuss and explain careers in sports management
8. Discuss factors of success in professions associated with the field.
9. Discuss the nature of disciplinary knowledge and its sub-disciplinary areas
10. Explain role of motor skills and physical fitness related to studied fields.
11. Explain the philosophies, which underlie the field and relate the philosophies to current practice.
12. Explore general career paths in the field, including academic degrees and different approaches to education
13. Explore outcomes of earning a bachelors degree in the field
14. Explore outcomes of earning a degree for immediate employment
15. Identify and discuss various names applied to field and efficacy of each
16. Identify leaders in the field, past and current, and understand how they influenced the field
17. Locate and use key resources in the field.
18. Plan a course of study leading to graduation in department.
19. Review disciplines and profession in field of human performance
20. Study and overview the anthropological, historical, physiological, etc. perspectives and contributions to discipline of human performance studies
21. Write logically and clearly concerning key topics in the field.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment
   As noted on course syllabus

G. Special Information
   None noted