

# PED 110: Intro to PED, Rec, & Sports Prof

This course is designed to provide an understanding of the allied professions within physical education and physical activity. In addition to a history of physical education, this course will provide the student with an introduction to the Skill Theme and Movement Concept method of teaching. The student will examine using the three concepts of space awareness, effort, and relationships to analyze both skilled and unskilled movements, explore the relationship of concepts to various skill themes, and apply the concepts in order to plan and implement developmentally appropriate instruction in physical education. Further emphasis will be placed on developing an applied understanding of both "how" and "what" to teach in elementary physical education that will help children to begin to acquire the fundamental competencies needed to successfully participate in physical activities they will pursue as adolescents and adults. Field experience with K-6 children is a component of this course.

**Credits:** 3

**Program:** Physical Education