

COURSE DETAILS



PHYSICAL EDUCATION

Physical Education

This course is designed to provide students with an in-depth understanding and competency in motor skills, movement patterns, and strategies essential for performing a variety of physical activities. Students will achieve a level of physical fitness that promotes health and enhances performance, while gaining knowledge of fitness concepts, principles, and strategies. Additionally, the course will cover psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Course Objectives:

Motor Skills and Movement Patterns:

Develop and demonstrate proficiency in a variety of motor skills and movement patterns.

Apply strategies and tactics to enhance performance in physical activities.

Physical Fitness:

Achieve and maintain a level of physical fitness that supports health and performance. Understand and apply fitness concepts, principles, and strategies to personal fitness goals.

Psychological and Sociological Concepts:

Explore psychological principles that influence learning and performance in physical activities.

Understand sociological concepts that impact participation and performance in physical activities.

