

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: HE245 Health & Physical Education—Recreation & Leisure

Effective Semester / Session: Spring 2022

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: HE245

Course Title: Health and Physical Education—Recreation and Leisure

Reason for initiating, revising, or canceling:

In paragraph form, list the reasons for initiating, revising, or canceling this course.

Lisa A. Lunde



12/13/21

Proposer

Date

Velma C. Deleon-Guerrero



12/13/2021

Department Chair/Director

Date

Adam Walsh



12.10.21

Language & Format Review Specialist

Date

Ajani Burrell



12.13.2021

Academic Council Chair

Date

Dr. Randy Yates



Dec 15, 2021

Dean of Academic Programs and Services

Date

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Course: HE245 Health & Physical Education—Recreation & Leisure

1. Department

Science, Mathematics, Health, and Athletics

2. Purpose

HE 245 will explore one of the top industries of the 21st century—recreation and leisure. As we explore this amazing profession, students will gain an understanding of the many facets of the recreation and leisure field, its impact on both themselves and the community, as well as the professional field of recreation.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Tapps, T.N., & Wells M.S. (2019). Introduction to Recreation and Leisure. Third edition. Champaign, IL

Recommended:

Hurd, A.R., Anderson D.M, & Mainieri T.L. (2021). Kraus' Recreation and Leisure in Modern Society. Twelfth edition. Burlington, MA

B. Contact Hours

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** None

C. Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This course will introduce students to the national education standards set by National Health Education Standards (NHES), the National Association of Sport and Physical Education (NASPE) and the need/importance for teaching and/or incorporating health, nutrition, and physical education in one's daily life. In addition, this course will provide a broad view of one of the top recreation and leisure industries of the 21st century as recreation and leisure programs can serve all people 24/7/365 and are part of a global economy. Good health is a major community asset in that it leads to a reduced financial burden on the community. An overview of this diverse profession will allow students to explore the many facets of recreation and leisure, gaining an understanding of it and its impact on the world's economies.

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E. Degree or Certificate Requirements Met by Course

HE 245 is required for a degree in the liberal arts Health & PE emphasis degree. A passing grade of a “C” or higher in this course is required.

F. Course Activities and Design

This course will offer a variety of lectures and activities as well as career shadowing all of which would apply to the health, recreation, and physical education fields giving students a wide range of experiences.

4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: HE150

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN101

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit hour course and cost of the textbook.

Cost to the College: Instructor’s salary.

Instructional resources needed for this course include: white board and markers, projector, photocopied materials, wall charts, various sport equipment (balls, cones, stopwatches, whistles) and library books to be identified by the instructor.

6. Method of Evaluation

Student grades will be based on assignments, projects, exams, and career shadowing. NMC’s grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Understanding Nutrition and Diet
 - 1.1 Classes of nutrients and food groups
 - 1.2 Guidelines for dietary health and food packaging labels
- 2.0 Staying Physically Fit
 - 2.1 Developing fitness programs
 - 2.2 Components and benefits
- 3.0 Preventing and Reducing Diseases
- 4.0 Foundations of Reaction and Leisure
 - 4.1 The role that recreation and leisure play in one's life
 - 4.2 History of recreation
 - 4.3 Partnerships with the community
 - 4.4 Special recreation accessibility
- 5.0 Delivering Recreation and Leisure Services
 - 5.1 Therapeutic Recreation/Therapeutic Recreation Specialist (TRS)
 - 5.2 Recreational sports management
 - 5.3 Health, wellness, and quality of life
 - 5.4 Outdoor and adventure recreation
 - 5.5 Arts and culture
 - 5.6 Challenges and trends for the future
- 6.0 The Elementary School Physical Education Program
 - 6.1 Physical fitness testing and the President's Council
 - 6.2 National Health Education Standards (NHES)
 - 6.3 National Association of Sport and Physical Education (NASPE)
 - 6.4 Games: with and without equipment
 - 6.5 Individual and team sports

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8. Instructional Goals

The course will introduce students to:

- 1.0 The importance of practicing healthy lifestyles;
- 2.0 The difference between health and wellness;
- 3.0 The components of health-related fitness;
- 4.0 The value and benefits of recreation and leisure in one's life;
- 5.0 Community resources for recreation and leisure activities;
- 6.0 Leisure and recreation activities appropriate for various ages, genders, socioeconomic levels;
- 7.0 Recreation and leisure as a profession;
- 8.0 Principles to follow for safely supervising those engaged in physical and recreational activities; and
- 9.0 The components, goals, and outcomes for elementary physical education.

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9. Student Learning Outcomes

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

- 1.0 Discuss the importance of practicing healthy lifestyles;
- 2.0 Explain the difference between health and wellness;
- 3.0 Define the components of health-related fitness;
- 4.0 Explain benefits of recreation and leisure in one's life;
- 5.0 Identify community resources for recreation and leisure activities;
- 6.0 Design/Plan leisure and recreation activity plans appropriate for various ages, gender, socioeconomic levels;
- 7.0 Identify recreation and leisure professions;
- 8.0 Identify principles to follow for safely supervising those engaged in physical and recreational activities; and
- 9.0 Discuss components of an elementary physical education program.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Assignments;
- 2.0 Projects; and
- 3.0 Tests.






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Final Audit Report

2021-12-15

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