

# Northern Marianas College CURRICULUM ACTION REQUEST

**Effective Semester / Session:** Fall 2014

**Type of Action:**

- New  
 Modification  
 Move to Inactive  
 Cancellation

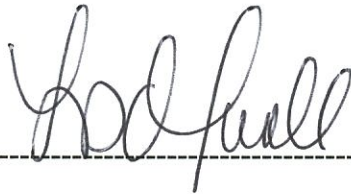
**Course Alpha and Number:** HE 245

**Course Title:** Health and Physical Education – Recreation and Leisure

**Reason for initiating, revising, or canceling:**

This course has been created as part of the new Liberal Arts Health and Physical Education Emphasis Degree program.

Lisa A. Lunde

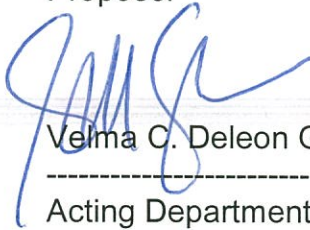


10/17/14

Proposer

Date

Velma C. Deleon Guerrero



10-7-2014

Acting Department Chair

Date

Barbara K. Merfalen



10.7.14

Dean of Academic Programs and Services

Date

# Northern Marianas College

## Course Guide

Course : HE 245 Health and Physical Education – Recreation & Leisure

### 1. Department

Science, Mathematics, Health and Athletics

### 2. Purpose

This course will introduce students to the national education standards set by National Health Education Standards (NHES) and 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 industries of the 21<sup>st</sup> century – Recreation and Leisure. 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 be covered and will allow each to explore the many facets of recreation and gain an understanding of recreation and leisure and its impact on the world's economies.

### 3. Description

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

##### Required:

Introduction to Recreation and Leisure, 2<sup>nd</sup> edition

Human Kinetics, 2006, 2013

Readability Level: 13.

##### Recommended:

Dynamic Physical Education Curriculum Guide: Lesson Plans for Implementation, 17<sup>th</sup> edition

Benjamin Cummings, 2012

Readability Level: 13

Kraus' Recreation and Leisure in Modern Society, 9<sup>th</sup> edition

Jones and Bartlett Learning, 2011

Readability Level: 13

#### B. Contact Hours

1. **Lecture:** 3 hours per week/ 45 per semester

2. **Lab:**

3. **Other:**

#### C. Credits

1. **Number:** 3

2. **Type:** Regular degree credits

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Course : HE 245 Health and Physical Education – Recreation & Leisure

## D. Catalogue Course Description

This course will introduce students to the national education standards set by National Health Education Standards (NHES) and 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 industries of the 21<sup>st</sup> century – Recreation and Leisure. 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 be covered and will allow each to explore the many facets of recreation and gain an understanding of recreation and leisure and its impact on the world's economies. (Offered Fall and Spring)

Prerequisites: HE 150 or HE 200, HE 230

English Placement: EN 101 or higher or Instructor Permission

Math Placement: NONE

## 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 needed.

## F. Course Activities and Design

This course incorporates both classroom and lab type activities. Classroom activities will include lectures, guest speakers and videotapes on various aspects of physical education. Lab activities will include practicing the skills learned in the classroom as well as demonstrations.

## 4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Proficiency Level(s)

Prerequisites: HE 150 or 200 and HE 230

Concurrent Course Enrollment: None

English Placement Level: EN 101 or higher or permission from the instructor.

Mathematics Placement Level: None

## 5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit course, student flat fee, and the cost of the textbook.

Cost to the College: Instructor's salary.

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Instructional materials for this course include: chalk and chalkboard (or white board and markers), TV/VCR/DVD player and taped programs, projector, photocopied materials, wall charts, various sport equipment (balls, cones, nets, racquets etc.) and appropriate library books to be identified by the instructor.

### 6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average– grade points: 1.0;
- F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

### 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 the 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 Recreation and Leisure
  - 4.1 Power, Promise, Potential, and Possibilities
    - 4.1.1 Definitions of Play, Recreation and Leisure
    - 4.1.2 The role that Parks, Recreation, and Leisure play in all facets of life for all people
    - 4.1.3 Values, Benefits and Opportunities
  - 4.2 History of Recreation
  - 4.3 Philosophy: Logic, Aesthetics and Ethics of Leisure
  - 4.4 Leisure and Recreation for Individuals in Society
    - 4.4.1 Leisure/Recreation similarities and differences based on Gender, Ethnicity, Race and Socioeconomic class

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- 4.4.2 Good and Bad Leisure and Recreation
  
- 5.0 Leisure and Recreation as a Multifaceted Delivery System
  - 5.1 Leisure Service Delivery Systems
  - 5.2 Parks and Protected Areas in Canada and the United States
    - 5.2.1 History and Park Systems Canada and the U.S.
    - 5.2.2 Career opportunities and Challenges/Trends in the 21<sup>st</sup> Century
  - 5.3 Public Recreation in U.S. and Canada (and the CNMI)
    - 5.3.1 Historical overview of the US and Canada
    - 5.3.2 Partnerships with the Community
  - 5.4 Special Recreation
    - 5.4.1 Special Recreation History
    - 5.4.2 Accessibility, Inclusion and Universal Design in special recreational services now and into the future
  - 5.5 Non-Profit and Profit Sectors
    - 5.5.1 Types of National and Community non-profit programs
    - 5.5.2 For Profit: (RET) Recreation, Event, and Tourism industry model
    - 5.5.3 Challenges, trends and opportunities for the future
  - 5.6 Therapeutic Recreation/Therapeutic Recreation Specialist (TRS)
  - 5.7 Unique Groups
  - 5.8 Leisure and Recreation across the Life Span
  
- 6.0 Delivering Recreation and Leisure Services
  - 6.1 Program Delivery System
    - 6.1.1 History, Mission and Outcomes
    - 6.1.2 Leadership/Format in delivery systems
  - 6.2 Recreational Sports Management
    - 6.2.1 5 Programming areas of Recreation Sport Management
    - 6.2.2 Trends, participation and careers in recreational sport
  - 6.3 Health, Wellness and Quality of Life
    - 6.3.1 Personal Health and the Wellness perspective
    - 6.3.2 Quality of Life and Healthy communities (CNMI)
  - 6.4 Outdoor and Adventure Recreation
    - 6.4.1 Settings, delivery system, and participants
    - 6.4.2 Benefits and Emerging Trends/Issues
  - 6.5 Arts and Culture
  - 6.6 The Nature of Recreation and Leisure as a Profession
    - 6.6.1 Characteristics of the Recreation and Leisure services Professional
    - 6.6.2 Career Planning: Changes in the field: Taste the excitement
  - 6.7 International Perspectives on Recreation and Leisure

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- 6.7.1 Leisure and the Internet
- 6.7.2 Demands, Challenges and Trends for the Future

- 7.0 The Elementary School Physical Education Program
  - 7.1 Physical Fitness Testing and the President's Council
  - 7.2 National Health Education Standards (NHES)
  - 7.3 National Association of Sport and Physical Education (NASPE) standards
  - 7.4 Games: with and without Equipment
  - 7.5 Individual and Team Sports
  - 7.6 Aerobics and other Fitness Activities
  - 7.7 Local and Federal Mandates

## 8. Instructional Goals

This course will introduce students to:

1. The importance of practicing healthy lifestyles;
2. The importance of selecting nutritional foods and understanding food packaging labels;
3. The difference between health and wellness;
4. The components of health related fitness;
5. Proper technique for various components of a physical fitness test;
6. The effects of exercise on the heart and cardiovascular system;
7. The general health and fitness status of people locally and globally;
8. The value and benefits of recreation and leisure in one's life;
9. Community resources for recreation and leisure activities;
10. Leisure and Recreation activities appropriate for various ages, gender, socioeconomic levels;
11. Recreation and Leisure as a profession;
12. Principles to follow for safely supervising those engaged in physical and recreational activities; and
13. The components, goals and outcomes for elementary physical education.

## 9. Student Learning Outcomes

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

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## Course Guide

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1. Discuss the importance of practicing healthy lifestyles;
2. Read and Comprehend food packaging labels, and understand and convey the importance of selecting nutritional foods;
3. Explain the difference between health and wellness;
4. Define the components of health-related fitness;
5. Demonstrate and Perform the proper technique for various components of a physical fitness test;
6. Articulate the effect of exercise on the heart and the cardiovascular system;
7. Discuss and Examine the general health and fitness status of people locally and globally;
8. Explain benefits of recreation and leisure in one's life;
9. Identify Community resources for recreation and leisure activities;
10. Design/Plan Leisure and Recreation activity plans appropriate for various ages, gender, socioeconomic levels
11. Identify Recreation and Leisure professions;
12. Identify Principles to follow for safely supervising those engaged in physical and recreational activities; and
13. Formulate and Discuss components, goals and outcomes for elementary physical education program.

### **10. Assessment Measures**

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

- 1.0 Quizzes and Exams;
- 2.0 Class Labs and projects;
- 3.0 Classroom discussions and participation; and
- 4.0 Homework/Assignments.