

2014 Year
2nd Semester

Syllabus

Course	Sport Education for Pre-Schoolers and Seniors	Credit	2	Time	2	Instructor	Jeong, Irully
Department/ Grades	College of PE/Junior			Lecture Schedule Lecture Room		Wednesday 1-2	
Office Hours	Appointment by e-mail			Office Telephone			
E-mail							
Objectives	The aim of this course is to provide students with an in-depth knowledge of age-specific, physical, and mental changes across lifespan. Upon completing this course, students will be well-prepared to understand teaching strategies designed for people with various ages and genders and to have a solid foundation to apply to their other courses or to their personal lives.						
Method/ Materials	Lecture						
Grading	Attendance 10%, Midterm Exam 30%, Final Exam 40%, Report 20%						
Textbook	Suzan F. Ayers et al. (2010). Physical Education for Lifelong Fitness (3rd Edition). Human Kinetics						
Auxiliary textbook	Handout						
Reference book	N/A						
Assignment							Remarks
To be announced (TBA).							

Weekly Schedule

Week	Date	Description	Assignment/ Reference
1	9/3	Orientation	
2	9/10	Physical Activity Behavior and Motivation	
3	9/17	Basic Training Principles	
4	9/24	Aerobic Fitness	
5	10/1	Muscular Strength & Endurance	
6	10/8	Flexibility & Body Composition	
7	10/15	Review for Midterm	
8	10/22	Midterm Exam	
9	10/29	Nutrition	
10	11/5	Integrating Health-Related Physical Fitness Education into the Curriculum	
11	11/12	Teaching Styles and Strategies	
12	11/19	Including Everyone	
13	11/26	Principles of Assessment	
14	12/3	Assessing Health-Related Physical Fitness	
15	12/10	Review for Final	
16	12/17	Final Exam	