



North Iowa Area Community College Course Outline

Please follow the included instructions when completing this form. Direct questions to Division Chair. After Course Outline is completed, please submit to Division Chair for review, who then submits to Administrative Assistant to the Vice President for Academic Affairs for review by the Curriculum and Academic Affairs Council (CAAC).

Prepared by: Heather DeWaard-Flickinger

Date Approved by CAAC: November 5, 2018

Course Title: Athletic Development & Human Growth

Course Number: PEC 115

Equivalent Prior Course Numbers: 60-153, PHYE-153

Academic Division/Department: Physical Fitness & Wellness

Credits – Semester Hours (s.h.):

Contact Hours As defined by the Iowa Department of Education in consultation with Division Chair/Registrar (see attached instructions).

Lecture:	<input type="text" value="15"/>	1 s.h. = 15 contact hours
Lab:	<input type="text" value="0"/>	1 s.h. = 30 contact hours
Clinical Practice:	<input type="text" value="0"/>	1 s.h. = 45 contact hours
Work Experience:	<input type="text" value="0"/>	1 s.h. = 60, 75, 90, or 105 contact hours
Total:	<input type="text" value="15"/>	

Prerequisite(s):

None

Corequisite(s):

None

Course Description:

This is a one-semester hour course with emphasis on athletic development and human growth and development in relation to physical activity, with special attention to children and adolescents.

Required Textbook(s) and Other Required Materials:

None

Purpose of Course Check one [X] in consultation with Division Chair.

<input type="checkbox"/>	Arts and Sciences (General Education)
<input checked="" type="checkbox"/>	Arts and Sciences
<input type="checkbox"/>	Career and Technical (General Education)
<input type="checkbox"/>	Career and Technical
<input type="checkbox"/>	Developmental

If course is offered only in specific semesters, please explain below:

N/A

Maximum number of weeks for which the course is offered:

3: The coaching authorization courses are offered over 3 weeks during the semester due to the need to complete them before applying for a coaching authorization through the State of Iowa. The courses are set up so students are able to complete the four required courses over 6 weeks (2 courses offered for 3 weeks and then the other 2 courses offered for 3 more weeks) and have time to apply for a coaching authorization before each of the sport seasons.

[Do not edit the following section. Managed by Academic Affairs]

Is this a Core Competency Anchor Course? YES ☐ NO ☐

If "Yes," list Core Competency Student Learning Outcome Numbers being taught and assessed in this course (2.2, 3.1, etc.)

(Example) 2.2 [Press Tab to create new rows for each SLO]

Student Learning Outcomes (SLOs):

The student who successfully completes this course will be able to:

1. Identify physical, emotional, and psychological development in relation to physical activity with special attention to children and adolescents.
2. Develop a personal philosophy regarding the coach's role in physical training.
3. Identify maturational, cultural, sexual, and gender differences in regards to human growth and development.