

**PED 142**  
**LIFETIME SPORTS**

**COURSE DESCRIPTION:**

Prerequisites: None

Corequisites: None

This course is designed to give an overview of a variety of sports activities. Emphasis is on the skills and rules to participate in a variety of lifetime sports. Upon completion, students should be able to demonstrate an awareness of the importance of participating in lifetime sports activities. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab 2. Semester Hours Credit, 1.

**LEARNING OUTCOMES:**

Students will be able to:

- a. Create their own lifetime sports program.
- b. Increase their involvement in sports activities by becoming aware of various skills and rules in a variety of lifetime sports.
- c. Learn how the quality of life can be improved through participating in sports and physical fitness programs.

**OUTLINE OF INSTRUCTION:**

- I. Introductory lesson outline
  - A. Course objectives
  - B. Class procedures
  - C. Methods of evaluation
- II. Fundamentals and instruction
  - A. Components of sports programs
  - B. Designing a lifetime sports program
  - C. Selecting sports to fit individual skills and interest
  - D. Selecting proper sports equipment

III. Survey of lifetime sports programs and activities. May include but not be limited to the following:

- A. Walk, run, jog
- B. Tennis
- C. Volley ball
- D. Physical fitness
- E. Aerobics
- F. Bowling
- G. Golf
- H. Fishing
- I. Bicycling
- J. Hiking
- K. Martial arts
- L. Roller skating
- M. Ice skating
- N. Dancing

IV. Testing and evaluation

**REQUIRED TEXTBOOK AND MATERIALS:**

None

**STATEMENT FOR STUDENTS WITH DISABILITIES:**

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.